BEST GUIDE FOR SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

4-10 JANUARY 2025

TV&Satellite Week

NEW SEASON

James Norton's thriller ***Playing Nice*** tops the bill of this week's TV

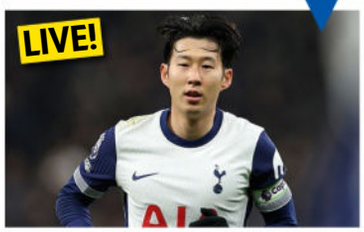
NEW AMERICAN PRIMEVAL

NEW NORTH SHORE

NEW BANK OF DAVE 2: THE LOAN RANGER

HotList This week's 28

Saturday 4



Premier League

FOOTBALL *TNT Sports 1 & Sky Sports*

Today's televised fixtures are Tottenham Hotspur v Newcastle (k-o 12.30pm, TNT Sports 1) and Brighton & Hove Albion v Arsenal (k-o 5.30pm, Sky Sports Main Event & Sky Sports Premier League).

The Masked Singer

ENTERTAINMENT *ITV1, 7pm*

As the singing contest returns, Maya Jama joins Mo Gilligan, Davina McCall and Jonathan Ross on the panel to guess the identity of characters including Teeth, Wolf and Snail. Continues tomorrow.

Dart Kings

DOCUMENTARY *Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)*

Examining how the pub game evolved into a professional sport, with players including Bobby George (above) becoming household names. *See Documentaries, page 21*

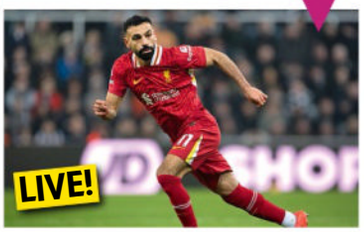
North Shore

DRAMA *ITV1, 9.30pm (box set from Sunday 29 December, ITVX)*

When the daughter of a British politician is found dead in Sydney, Australian and UK cops join forces to solve the case. Joanne Froggatt stars. *See feature, p7*

Full listings start on **p35**

Sunday 5



Premier League

FOOTBALL *Sky Sports Main Event & Sky Sports Premier League*

Fulham host Ipswich (k-o 2pm) at Craven Cottage, before fierce rivals Liverpool take on Manchester United (k-o 4.30pm) at Anfield.

Call the Midwife

DRAMA *BBC1, 8pm*

As Nonnatus House's finest head into the 1970s, protesters on the Isle of Dogs cause chaos for the team, who are dealing with a potential womb rupture and an emotional case involving a young pregnant girl.

7/7: The London Bombings

DOCUMENTARY *BBC2, 9pm (box set, BBC iPlayer)*

A look back at the terrorist bombings in 2005, which killed 52 people and injured hundreds more. Continues tomorrow. *See Documentaries, page 20*

Playing Nice

THRILLER *ITV1, 9pm (box set, ITVX)*

James Norton (above) stars in this thriller in which the lives of two families are upended when they discover their sons were mixed up at birth. Continues tomorrow. *See feature, page 4*

Full listings start on **p45**

Monday 6

Joanna Page's Wild Life

DOCUMENTARY *BBC2, 6.30pm (box set, BBC iPlayer)*

Cameras follow the actor (above) as she works towards qualifying as an animal-care assistant with Wildlife Aid, one of the UK's leading wildlife hospitals. Continues all week.

Jamie's £1 Wonders & Money-Saving Meals

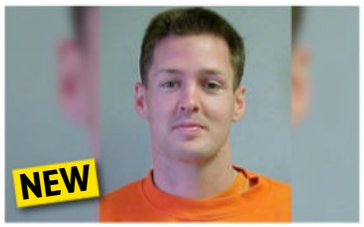
COOKERY *C4, 8pm*

January is a typically tight month, so chef Jamie Oliver (above) comes to the rescue with some budget-friendly recipes that include a veg-rich, Indian-inspired dosa.

Silent Witness

CRIME DRAMA *BBC1, 9pm*

Nikki (Emilia Fox) and the Lyell Centre team face a new era as an experienced hand – veteran Harriet Maven (Maggie Steed) – takes charge. Continues tomorrow. *See feature, page 11*



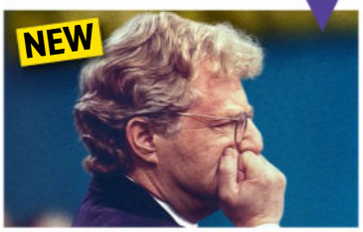
The Amazon Review Killer

DOCUMENTARY *C4, 10pm & 11.05pm*

Following the shocking case of serial killer Todd Kohlhepp (above), whose violent crimes came to light following the rescue of a woman who had been held captive by him for two months in 2016.

Full listings start on **p55**

Tuesday 7



Jerry Springer: Fights, Camera, Action

DOCUMENTARY *Netflix*

The story of one of TV's most-controversial talk shows, and the punch-ups, secret siblings and love triangles that were such compelling viewing for millions in the 90s.

Eat Smart: Secrets of the Glucose Goddess

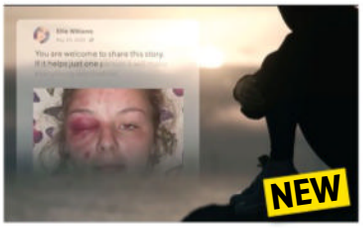
FACTUAL *C4, 8pm*

Known as the Glucose Goddess, Jessie Inchauspé (above) teaches us how we can improve our health by regulating the amount of glucose in our bodies.

Pete Wicks: For Dogs' Sake

DOCUMENTARY *U&W, 8pm (box set, U)*

TOWIE and *Strictly* star Pete Wicks (above) spends time at a Dogs Trust centre in Basildon, Essex, where he learns first-hand the hard work that goes into caring for and rehoming dogs.



Accused: The Fake Grooming Scandal

DOCUMENTARY *C4, 9pm & 10pm (box set, Channel 4)*

Investigating the grooming accusations made by Ellie Williams in 2020 that turned out to be false. Concludes tomorrow.

Full listings start on **p65**

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: JOSS BARRATT/ITV; NETFLIX; ITV. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: GETTY

Wednesday 8

Kirstie and Phil's Love It or List It

***FACTUAL** C4, 8pm*

As the property show returns, Phil Spencer and Kirstie Allsopp are in Chester helping a couple to decide whether to renovate their home or move on.

Simon Schama's Story of Us

***DOCUMENTARY** BBC2, 9pm*

The historian (above) explores the threads that bind the population of Britain together, starting with the art and culture that transformed society in the 20th century.

Grantchester

***CRIME DRAMA** ITV1, 9pm (box set, ITVX)*

Geordie (Robson Green, above) and Rev Will Davenport (Tom Brittney) investigate a mysterious death while the circus is in town – and it looks like it's time to ring in the changes. *See feature, page 12*

Patience

***CRIME DRAMA** C4, 9pm (box set, Channel 4)*

Ella Maisy Purvis and Laura Fraser star in this crime drama, in which a neurodivergent police archivist learns she has a unique perspective and ability to crack cases. Continues tomorrow. *See feature, page 6*

■ Full listings start on **p75**

Thursday 9

American Primeval

***WESTERN** Netflix*

The lawless Wild West comes to life in this epic drama starring Taylor Kitsch and Betty Gilpin. A mother and her son need help to trek across the wilderness in search of her husband. *See Your Watchlist, p14*

On Call

***CRIME DRAMA** Prime Video*

Viewers are given a fresh perspective in this new cop drama, with footage from body cams and dashcams interwoven into the mix. Brandon Larracuente stars. *See Your Watchlist, page 17*

Sandi's Great British Woodland Restoration

***DOCUMENTARY** C4, 8pm*

Sandi Toksvig (above) and her wife Debbie work at restoring a patch of woodland in southern England, shedding light on Britain's ancient woodland crisis.

Far North

***COMEDY DRAMA** U&Alibi, 10pm (box set, Sky Box Sets, Virgin TV Box Sets & NOW)*

Fact-based comedy drama set in New Zealand, about a couple who are caught up in a massive drugs bust. Temuera Morrison stars. *See feature, page 12*

■ Full listings start on **p85**

Friday 10

Bank of Dave 2: The Loan Ranger

***DRAMA** Netflix*

Set two years after the 2023 film, Rory Kinnear returns as local hero Dave Fishwick, who decides to take on the payday-loan industry. *See feature, p8*

Travel Man: 48 Hours in...

***TRAVELOGUE** C4, 8.30pm*

Joe Lycett is back for a new run of minibreaks, and once again, he's trying to pack in as much as he can into two days. The comedian starts in Malaga with fellow comic David O'Doherty.

The Good Ship Murder

***DRAMA** Channel 5, 9pm*

As the cruise-ship drama returns, cabaret singer Jack (Shayne Ward) and First Officer Kate (Catherine Tyldesley) investigate the suspicious death of an opera singer in Rome. *See feature, p8*

Get Away

***HORROR COMEDY** Sky Premiere, 10pm*

Nick Frost stars in this horror comedy about a family who arrive on a remote Scandi island for a getaway – only to discover it's home to a serial killer. With Aisling Bea. *See review, page 22*

■ Full listings start on **p95**

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Pete Riley
James Norton
A former journalist turned stay-at-home dad, Pete is an idealist who always tries to ensure the best outcome for everyone – until Miles puts his patience to the test.

Switched at birth

James Norton stars in a gripping thriller about the devastating repercussions of a hospital mix-up

NEW THRILLER
Playing Nice
Sunday & Monday, 9pm, ITV1 (box set, ITVX)

The lives of two couples are changed for ever in ITV1's four-part psychological thriller *Playing Nice* when they discover their children were swapped at birth.

Stay-at-home dad Pete (James Norton) and restaurateur Maddie (Niamh Algar) have a chaotic but contented life with their toddler Theo until they receive the devastating news that, owing to a hospital mix-up, Theo is the biological child of Miles (James McArdle) and Lucy (Jessica Brown Findlay), whose son David is Pete and Maddie's birth child.

Still reeling from the shock, the two couples arrange an informal meeting to decide what's best for the children's future – but not everyone is being completely honest about their motives. At first, it seems all four parents are agreed on a solution, but how far can each couple rely on the other?

'Pete's natural inclination is to see the best in Miles and Lucy, and trust that they will find a way through this horrible situation,' Norton tells *TV&Satellite Week* as we join the cast on set in Cornwall. 'He believes that things will be OK if you're just decent – but the truth is, Miles doesn't allow that. He takes an entitled and very aggressive approach to the situation.'

Meeting their biological children for the first time is an emotionally fraught moment for both couples, particularly for Maddie, who experienced postnatal depression after the birth of her child.

'She's very loving, but she's always felt like there's been this disconnect between her and Theo,' says *Deceit* star Algar. 'Obviously, when they discover that the child they've been raising isn't theirs, she begins to question who she is as a mother – was her initial disconnect with Theo a result of him not being her biological child this whole time? Does she have a stronger connection with David? It's an interesting exploration of

The two families try to find a way forward

WORDS: STEVEN PERKINS. PHOTOS: ITV, SHUTTERSTOCK

Miles Lambert
James McArdle
A smooth-talking architect, Miles likes to give off an easy-going vibe. Underneath the amiable exterior, however, lurks a calculating manipulator determined to get what he wants.

what it means to raise a child, and if the way you nurture them affects them in any way.'

HANDS-ON APPROACH

The series, which is adapted from JP Delaney's bestselling novel, is the first TV commission for Norton's production company Rabbit Track Pictures and he's enjoyed a more substantial role behind the scenes on this project.

'It's been a challenge, in a good way,' says the *Happy Valley* star. 'It's a different type of creative nourishment. It's less showy and more sitting in rooms tapping away at a laptop, but I've found it so exciting.'

Playing Nice also sees Algar reunited with *Malpractice* creator Grace Ofori-Attah, who adapted the novel for the screen. One of the major changes from the source material was the relocation of the setting from London to Cornwall – and the creators were keen to play up the contrasting elements of the local landscape.

'We didn't want a kind of chocolate-box version of Cornwall,' says Norton. 'We wanted to use the beautiful, and yet quite foreboding, coastline as a jumping-off point for the atmosphere of the piece. Grace came down here for a couple of research trips, and started thinking about how it would fit – like the huge, austere house that Miles has built on a cliff, and the view that he's kind of stolen from the public that no one else can see.'

Although relations between the couples on screen eventually becomes litigious, things were far more light-hearted between the four actors, who started jokingly referring to themselves as ABBA...

'Because Niamh and I are both quite fair, and Jessie and James have darker hair, we went to a Halloween party dressed as ABBA and it was very fun,' recalls Norton. 'We also have a WhatsApp group called ABBA, and any day we were all in together, we'd be blasting the group's tunes in the make-up truck!'

WHO'S WHO IN *PLAYING NICE*

Maddie Wilson
Niamh Algar
The restaurateur cherishes the free time she spends with her family, but the baby-swap news brings her trauma.

Lucy Lambert
Jessica Brown Findlay
Lucy gave up her artistic career to become a full-time mum. She wants to protect her son more than anything else.

John Riley
Phil Davis
Pete's father struggles with the idea of another grandson, and Pete's attempt to help with John's chronic pain puts Theo at risk.

Anika Chowdhury
Sunetra Sarker
Pete and Maddie's shrewd solicitor is unfazed by Miles' tactics – but can she keep her clients from losing their cool?

MIND hunter

An **autistic woman turns detective** in a groundbreaking crime drama

NEW CRIME DRAMA

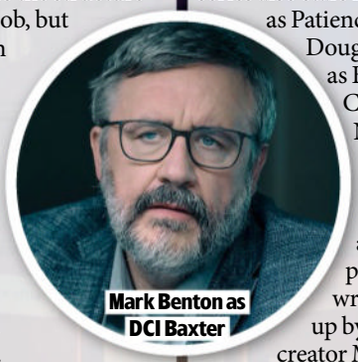
Patience

Wednesday & Thursday, 9pm, C4 (box set, Channel 4)

A brilliant, neurodivergent police archivist takes centre stage in groundbreaking new drama *Patience* when she forges an unconventional crime-fighting partnership with a seasoned detective.

Set in York, the six-part series features a number of neurodivergent actors, including Ella Maisy Purvis in the title role of Patience Evans, a young autistic woman who works in the criminal-records office.

Patience treasures the structure and routine of her job, but her world is thrown into chaos when DI Bea Metcalf spots her unique and invaluable instincts for puzzle-solving and picking apart crime scenes during an investigation into a mysterious suicide.



Mark Benton as DCI Baxter

Recruited to Bea's squad, has Patience found her true calling as a detective, or is she in way over her head?

'Patience has a fantastic ability to recognise patterns. Criminology and forensics are her special interests,' Purvis, 21, tells *TV&Satellite Week* during a break in filming in York. 'She can see and solve things in different ways, so when she notices something in Bea's case, she pushes her in the right direction and they end up becoming a team.

'But Patience has created a life for herself that's very safe, so she's pushed out of her comfort zone. I think a lot of autistic women grow up being pulled, pushed and bent into shape to fit a mould that slots as best it can into the rest of society.

'Patience's journey allows her to come into her own, and to do what she needs and wants rather than being terrified to speak up for herself.'

AUTHENTIC CASTING

Adapted from French crime drama *Astrid et Raphaëlle*, the series also stars Adrian Rawlins as Patience's godfather, Douglas, Mark Benton as Bea's boss, DCI Calvin Baxter, and Nathan Welsh as DS Jake Hunter. But casting neurodivergent actors was a priority for the writing team, headed up by *Hotel Portofino* creator Matt Baker.

'The drama has been authentically cast, and I loved being able to bring a lot of myself to the character,' says Purvis. 'However, the show isn't saying, "This is what autism looks like, full stop." It's more, "This is one woman's experience of the world, have a watch."'

Filmed in both York and Belgium, the series features perplexing cases including a drowning in a museum with no water and a 'corpse' that walks away from a mortuary slab.

'I've done so many crime dramas, but I thought the crimes were really interesting in this show, and almost Agatha Christie-ish,' says Laura Fraser, 49, who plays Bea. 'I wanted to do this because I wanted to work with autistic people, and the authentic casting makes it fresh and different.

'Bea is also going through her own journey as her 11-year-old son possibly has ADHD or is autistic, but she's in denial about it. She finds being a detective easier than being a mother, but as she becomes closer with Patience and softens into acceptance, she develops more of an understanding of her son.

'I think the series will increase understanding and compassion for anyone watching, too. It shows that there's nothing wrong [with neurodivergence] – it's just a different way of thinking.'

WORDS: REBECCA FLETCHER, REBECCA MAHONEY; PHOTOS: C4, ITV

Fraser, Purvis and Welsh as Bea, Patience and Jake

'Patience's journey allows her to come into her own'

ELLA MAISY PURVIS

Bea with her son Alfie (Maxwell Whitelock)

Stars Kirsty Sturgess, Joanne Froggatt and John Bradley

Deadly harbour

Joanne Froggatt and John Bradley star in a Sydney-set murder mystery

NEW DRAMA

North Shore

Saturday, 9.30pm, ITV1 (box set from Sunday 29 December, ITVX)

Games of Thrones actor John Bradley didn't need asking twice when he was offered the role of a detective in ITV1's gripping new murder mystery, *North Shore*.

'It felt like the part I'd been waiting for – it ticked so many boxes,' says Bradley, 36, who plays DS Max Drummond, a British investigator called in to solve the murder of a UK politician's daughter in Sydney.

The Manchester-born actor, who has also appeared in sci-fi series *3 Body Problem* and disaster movie *Moonfall*, adds: 'I've done a lot of things that are heightened, whether they're a medieval fantasy series or in space, but I'd never really done anything that felt grounded in the world you see out of your window.'

SUSPICIOUS DEATH

Created by *Cold Feet*'s Mike Bullen, the six-parter also stars *Downton Abbey*'s Joanne Froggatt as UK politician Abigail Crawford, who's in the middle of negotiating a trade deal between Britain and Australia when she hears her daughter's body has been washed up in Sydney Harbour.

'It's a gripping story,' explains Froggatt, 44, who's also starred in BBC1 drama *Sherwood*. 'I was fascinated by the character of Abigail and how she behaves.'

Max is forced to team up with Australian detective Meg Driscoll (Kirsty Sturgess) to investigate the crime, and receives a less-than-warm welcome from the Sydney cop, until the pair gradually develop a mutual respect as they work together to seek justice.

POSITIVE SPIN

Bradley says he enjoyed playing mild-mannered Max as a regular, nice guy who's good at solving crimes – far removed from the troubled cops that feature in so many other detective dramas.

'It's become a bit of a cliché now that a cop has to be brooding and serious. Crime shows have been hijacked by brow-furrowing, haunted detectives,' he smiles.

'But Max is a different kind of personality, and that feels quite fresh to play. He sees the funny side of things and is hopefully charming – I think he's as valid a representation of a murder detective as anyone else.'

Lending a hand

Rory Kinnear returns as real-life local hero Dave Fishwick in a feel-good sequel

Rory Kinnear as Dave Fishwick

NEW FROM NETFLIX

NEW DRAMA

Bank of Dave 2: The Loan Ranger

From Friday 10 January, Netflix

The 2023 film *Bank of Dave* melted our hearts with its inspirational story about a businessman who came to the aid of his cash-strapped community – and now, we're heading back to Lancashire for the heart-warming sequel, *Bank of Dave 2: The Loan Ranger*.

Rory Kinnear reprises his starring role as Dave Fishwick, a real-life local hero who started up a savings-and-loans company to lend money to Burnley residents who couldn't get

Chrissy Metz as Jessica

Shayne Ward and Catherine Tyldesley as Jack and Kate

Can the cruise-ship sleuths solve the **death of an opera singer**?

All at sea

NEW DRAMA

The Good Ship Murder

Friday, 9pm, Channel 5

Anchors away for more murder, mystery and romance on *The Good Ship Murder*'s luxury cruise liner as Channel 5's hit crime caper sets sail for a second series this week.

The new seven-episode run begins with the ship docking in Italy, where former detective turned cabaret singer Jack Grayling (Shayne Ward) and First Officer Kate Woods (Catherine Tyldesley) enjoy the sights of Rome while navigating their fledgling romance. But, unfortunately, the Eternal City proves to be the final stop for one of their passengers, opera singer Alessandro Bartoli (Greg Canestrari).

Oliver and Jessica go to the football

credit following the 2008 financial crash. This time, in the follow-up to the original Netflix movie, Dave takes on the UK's payday lenders, who loan people money before trapping them in debt with eye-watering interest rates.

'It was wonderful to see how people responded to the first film,' says Kinnear. 'They really seemed to love it, so it's great to be back.'

PAYDAY PAYBACK

The new tale is set two years later, when Dave hears about a woman whose life has been torn apart by a £200 payday loan that has ballooned to a debt of £1,480 in the space of a year.

Incensed by the situation, Dave tells his wife (Jo Hartley) that he wants to tackle an industry that's accused of preying upon vulnerable people. He's not the only one who's outraged. Having battled payday firms in the US for many years, American journalist Jessica (Chrissy Metz) travels to Lancashire to join Dave's fight for justice.

After writing countless articles about payday lenders, Jessica is an expert on their devious ways, but while most of the firms' US outlets have been shut down, she's surprised to hear they're still allowed to operate in the UK.

One of the worst is run by shady American businessmen Carlo Mancini (*Catastrophe*'s Rob Delaney) and when Jessica arrives in Burnley, she joins forces with Dave and Oliver (*Happy Valley*'s Amit Shah), an accountant who volunteers at Citizens Advice, to bring down the predatory company.

'It's a feel-good story about people helping other people,' explains Metz. 'It was great to come over to the UK and film in Burnley and have people call me "Chriss-eh", which I love!'

The film also features a cameo from the real-life Fishwick, who became a millionaire from a van and minibus business, and whose Burnley Savings and Loans company has now lent more than £34 million to thousands of people and businesses across the UK, with all profits donated to charity.

'I play a baddie, one of Carlo Mancini's henchmen,' reveals Fishwick. 'It's great fun to be back, putting Burnley on the map again. Loan sharks prey on the poor and the vulnerable, and they really need shutting down.'

Mia (Millie Kent) makes a surprise visit

Ross Adams plays Colin

As Jack and Kate try to catch the killer, Jack must also deal with a surprise visit from his teen daughter Mia (Millie Kent).

'What's great about this series is that people from Jack's past come into his present,' says Ward, 40. 'As well as his daughter making an entrance, we also have people he arrested many years ago coming on to the ship.'

Former *Hollyoaks* favourite Ross Adams will join the show as new cruise director Colin, while guest stars on the voyage include Mark McGann, *Dinnerladies*' Duncan Preston and ex-*Brookside* actor Sue Jenkins – who all joined the regular cast for filming aboard a real working cruise ship.

'This series feels like a different show, super-polished in every way,' says Tyldesley, 41. 'Filming flowed so much better because everybody knew what they were doing and we all knew our characters inside out. The way it's been shot looks incredible – they've done an amazing job.'

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Abi helps injured Mason

CORONATION STREET

Mason is stabbed by his brothers...

» **Having given evidence** to Lisa that links his brothers Matty and Logan to the murder of her late wife Becky, Mason knows he's a dead man walking and makes plans to leave Weatherfield.

After attempting to reach out to girlfriend Betsy – who's convinced that he also played a part in her mum's death – he makes things right with Liam and apologises for having bullied him last year.

But as the lad hangs out with Dylan in the precinct, his violent brothers are released from the nick after being questioned by Kit. Unsurprisingly, they're baying for Mason's blood. Finding him with his pal, the pair give chase and stab Mase with a zombie knife as terrified Dylan runs away, begging them to stop.

Mason's cornered by his siblings

Abi later finds Mason in the children's play area, bleeding out, and attempts to stem the blood flow with her scarf as she cries out for help. An ambulance eventually arrives and Abi and Betsy accompany Mason to hospital, desperately trying to reassure him that he'll be OK. But will he?

» **PLUS** Carla discovers she needs a kidney transplant, Bobby visits his incarcerated dad Rob Donovan, Joseph confesses to making a hoax 999 call, David treats Shona with contempt, and Evelyn feels put upon by Tyrone.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Phil (above) makes a reckless business decision, new developments shock the Panesars, Jean offers Stacey some advice about Martin, Denise has a revelation for Kim, and three residents make a surprise discovery.

EMMERDALE

» Dawn interrupts Will's funeral and accuses Kim of murder (above), Marlon gets hate messages after making an appeal for April's return, Jacob and Sarah spend the night together, and Anthony helps Arthur with his maths homework.

WORDS: ALISON SLADE. SEAN MARLAND, STEVEN PERKINS. PHOTOS: BBC, CHANNEL 5, ITV, NETFLIX

global

CLASSIC fM

Breakfast with *Dan Walker*

Weekdays from 06:30am

RADIO globalPLAYER "PLAY CLASSIC FM"

Silent Witness star **Emilia Fox** on romance and new recruits...

Hearts & bones

NEW CRIME DRAMA
Silent Witness
Monday & Tuesday, 9pm, BBC1

It's all change at The Lyell Centre when colleagues Nikki Alexander (Emilia Fox) and Jack Hodgson (David Caves), who are now engaged to be married, find themselves with a new boss.

As *Silent Witness* returns with 10 new episodes made up of five stories, beginning with a two-parter about vulnerable pensioners, outspoken Harriet Maven (former *EastEnders* star Maggie Steed) comes out of retirement to head up the forensic-pathology centre, while crime analyst Kit Brooks (*Worzel Gummidge*'s Francesca Mills) also joins the unit.

We caught up with Fox, 50, to hear about the latest developments…

Jack and Nikki got engaged in the last series. What's happening now? Throughout this series, Jack's working out what would be a good wedding for them, while Nikki is a little bit in denial. There's this next stage of commitment, and what that means at this point in their lives.

What do you make of the tension between their work and personal lives? They are scientists, so they work on factual evidence. And yet emotions, love and the heart are things that you can't really explain. So I have found that fascinating.

With marriage on the cards, how high are the stakes for them? It's such a leap of faith, falling in love, and it's a high risk, committing to someone you have been friends with for so long. Jack's lost his dad, while Nikki has no family around her, so there's a great vulnerability.

How do new recruits Harriet and Kit affect the dynamic? Everything changes within the Lyell team. There's a lovely dynamic seeing how Jack deals with all that oestrogen! And having these different generations of women together is great. The relationship between Jack and Kit is sparky from the very beginning, as they're trying to work out who's going to be leading whom.

And how is it for Nikki having a female boss? There is something about Nikki and Harriet that just connects, and you can feel the respect they have for each other.

Which of the new episodes stood out for you? There's a very moving case in which we are basically putting a body back together as a whole. We were getting guidance from a pathologist about what this actually means – giving someone back their physical form and identity with respect.

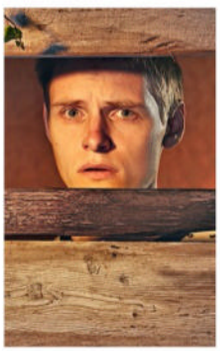
Nikki and Jack face some troubling cases

Harriet (left) and Kit (right) join Jack and Nikki at The Lyell Centre

You liked...

Somewhere Boy
on C4 (currently on Channel 4)

Pete Jackson's 2022 drama saw single dad Steve hide his son Danny (Lewis Gribben, right) in a remote house to protect him from the horrors of the world. But after Steve dies, Danny is forced to confront real life when he moves in with his estranged aunt (Lisa McGrillis).



Now try this...

The Death of Bunny Munro on Sky Atlantic

Written by Pete Jackson and based on the novel by musician Nick Cave, this upcoming six-part drama stars Matt Smith as irresponsible, sex-addicted salesman Bunny Munro, who embarks on a wild road trip across England with his son Bunny Junior (Rafael Mathé) following the death of his wife Libby.

WORDS: IAN MACEWAN, RICHARD MCCLURE. PHOTOS: BBC, C4, SKY

Look Who's Back...

A familiar face appearing in a new show this week

Sandi Toksvig

Sandi's Great British Woodland Restoration

NEW

Thursday, 8pm, C4

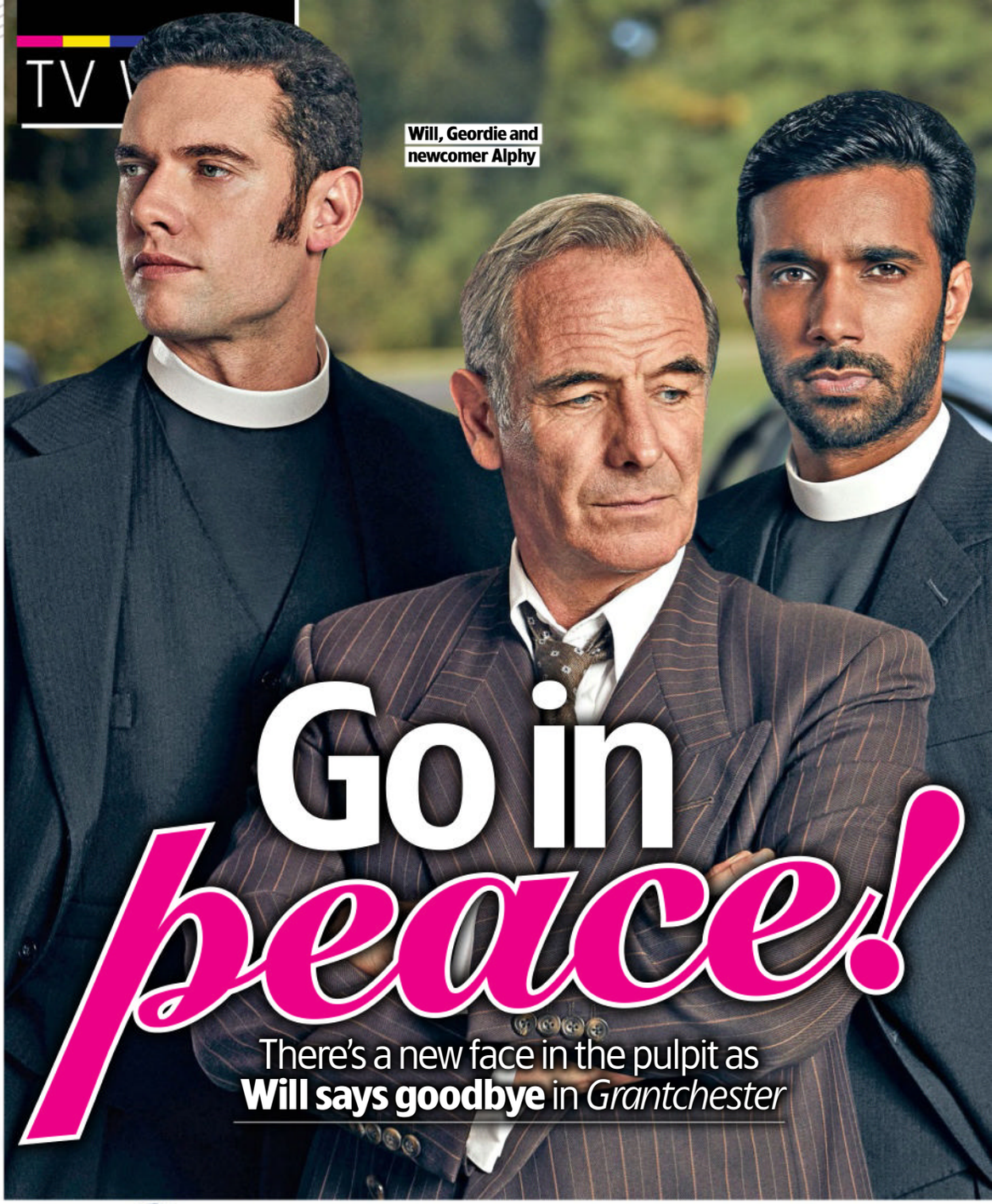
Born in Copenhagen, Denmark, comedian and broadcaster Sandi Toksvig began her TV career in ITV kids' series *No 73* (1982-86) before gaining prominence as a team captain on BBC panel show *Call My Bluff* (inset) from 1996 to 2002. She's known for presenting BBC2 quiz *QI* as well as C4 shows *Fifteen to One*, *Extraordinary Escapes* and *The Great British Bake Off*.

HER NEW SHOW

This week, Toksvig, 66, is on a mission to shed light on Britain's ancient woodland crisis in a three-part series. Cameras follow the star and her wife, Debbie, over winter, spring and summer as they breathe new life into their own patch of woodland in Grayshott, Hampshire, by felling trees, building ponds and much more. 'Britain used to be covered in ancient woodland, but now, 2.5% is all that's left!' says Toksvig. 'Ancient woodland is one of our biggest weapons in the fight against climate change.'

Toksvig wants to revive her woodland

WORDS: CAREN CLARK; RICHARD MCCLURE; HANNAH DAVIES; VICTORIA WILSON; REBECCA MAHONEY; PHOTOS: ALAMY; BBC; C4; ITV; U&ALIBI; SKY



Will, Geordie and newcomer Alphy

Go in *peace!*

There's a new face in the pulpit as **Will says goodbye** in *Grantchester*

Ed (Temuera Morrison) and Heather (Robyn Malcolm)

Ship of fools

A small-town couple gets entangled with a **bungling drugs cartel**

NEW COMEDY DRAMA

Far North

Thu, 10pm, U&Alibi (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

It's *Fargo* meets *Narcos* in U&Alibi's New Zealand-set drugs caper *Far North*, based on extraordinary true events.

The six-part series tells the story of a bid to smuggle half a billion dollars' worth of meth to New Zealand's shores, and how an ordinary couple, 70-year-old Maori mechanic Ed (*The Mandalorian*'s Temuera Morrison) and his aqua-aerobics-instructor wife Heather (Robyn Malcolm), get caught up in the scheme.

'It's about New Zealand's most-famous meth bust and these two people who unwittingly assisted the people bringing in the drugs,' explains Malcolm, 59, who was recently seen in harrowing family

NEW CRIME DRAMA

Grantchester

Wed, 9pm, ITV1 (box set, ITVX)

There's a murder at the circus!

It's all change as 1960s-set crime drama *Grantchester* returns to ITV1 for its ninth series this week. After six years of portraying popular crime-fighting clergyman Will Davenport, actor Tom Brittney will be hanging up his cassock for good in the new run.

'As they say, all good things must come to an end, and it felt like the right time to put a full stop on Will's story,' says Brittney, 34. 'He had such a passionate and fiery start, and we saw him go through everything and become reasonably happy – that feels like a good place to end it.'

TOUGH DECISION

As the eight-part series begins, the circus arrives in town but the joy and spectacle is soon marred by the death of a magician. As Will helps his pal DI Geordie Keating (Robson Green) investigate the murder, however, he's plagued by fears that he's just 'coasting' in the village. His congregation is shrinking, and even former curate Leonard Finch (Al Weaver) isn't attending church services.

So Will is curious when the bishop offers him a move to a more-challenging parish in Newcastle – and he needs a quick decision…

When Geordie tells Will that his daughter Esme (Skye Lucia Degruttola) has got a job and made a big life decision without consulting him, Will is prompted to make his own fresh start.

NEW ERA

The departure of *Grantchester*'s trusty vicar in next week's episode will pave the way for the arrival of former *Hollyoaks* actor Rishi Nair, who will play newcomer Reverend Alphy Kotteram. But Green says that his old co-star will be sorely missed…

'Tom's final scene is a beautiful tribute to the incredible journey Will and Geordie have been on,' explains Green, 60. 'The laughter Tom and I shared on set as Will and Geordie was extraordinary, so saying goodbye was always going to be hard – but we'll remain the best of mates.

'I always love coming back to *Grantchester* and I love this new era with Rishi. The quality of the drama and writing is as high as ever.'

Blaze (Fay Tofilau, third from left) leads the gang

drama *After the Party*.

'It's about police incompetence, family, trust and loyalty – and how this drug can get into our country because it has such a wide, open coastline. It's a thriller, but it's also got this self-deprecating New Zealand humour running throughout.'

MASTER PLAN

The story begins as a hapless Tongan-Australian gang led by Blaze (Fay Tofilau) bags a lucrative deal with a Chinese cartel to meet a boat carrying 500kg of meth when it lands on New Zealand's remote northern shores. But the plan goes awry when the vessel gets stranded at sea without fuel, food or water, and the crew must recruit a clueless Ed and Heather to help them launch a rescue boat.

However, as the couple begin to suspect the truth, they do what they can to derail the plot, while also trying to stay alive...

'The drama is set in a part of New Zealand that nobody has seen on screen before, and the experience of living and working up there was heaven on Earth,' explains Malcolm. 'To wake up in the morning, get out on to a beautiful beach and watch the sunrise was incredible.'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW A League of Their Own

Thursday, 9pm, Sky Max & Sky Showcase

Romesh Ranganathan is back to oversee proceedings as team captains Jamie Redknapp and Jill Scott, plus series regular Micah Richards, are joined by sport stars for more challenges. This week, Rob Beckett and Maya Jama guest as Tyson Fury teaches the gang how to shadow-box with your gloves on fire! Luke Littler, Sir Andy Murray and Keely Hodgkinson appear later in the series.

NEW

Call the Midwife

Sunday, 8pm, BBC1

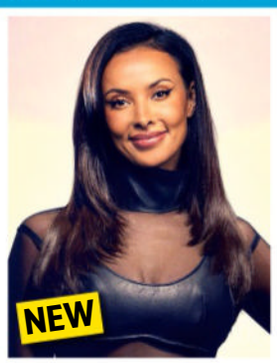
Change is sweeping through the East End as the nuns and midwives enter the 1970s. When protesting locals on the Isle of Dogs declare themselves an independent state, amid the chaos, the medics have to help a mum-to-be whose womb could rupture during labour. They are also baffled by an apparent immaculate conception involving a pregnant teen girl with deeply religious parents.

NEW

Video Nasty

Thu, 10pm & 10.30pm, BBC3 (box set, iPlayer)

Set in 1985, this horror comedy follows three teenagers – best friends Billy (Justin Daniels Anene) and Con (Cal O'Driscoll), plus Con's sister Zoe (Leia Murphy) – who set out to complete a collection of cult VHS horror films. Instead, their relationships are tested when they find themselves on the wrong side of the law after becoming prime suspects in a gruesome murder investigation.



NEW

The Masked Singer

Saturday, 7pm, & Sunday, 6.30pm, ITV1

***Love Island* presenter** Maya Jama (left) takes over from Rita Ora as she joins Jonathan Ross, Mo Gilligan and Davina McCall on the panel for the new series of the hit guessing game. Joel Dommett is back to host as the panellists try to work out which famous faces are behind the costumes. This season's mystery contestants include Wolf, Teeth, Kingfisher, Spaghetti Bolognese and Dressed Crab.

LAND OF OPPORTUNITY

Rival factions battle for supremacy in an epic western

NETFLIX American Primeval

NEW *Available: Thu 9 January*
Genre: Western Season: 1 Eps: 6

The untamed wilderness of the American frontier provides a stunning and brutal backdrop to Netflix's new western series penned by Mark L. Smith, who co-wrote hit 2016 movie *The Revenant*.

Six-part saga *American Primeval* opens in the Utah Territory in 1857, where a host of different cultures and communities are locked in a deadly battle to gain control of valuable land.

Among them is plucky pioneer Sara Rowell (Betty Gilpin) and her son Devin, who arrive at the outpost of Fort Bridger, run by grizzled

Taylor Kitsch (right) as Isaac

Derek Hinkey as Red Feather

Jim Bridger (Shea Whigham), a popular stopping point for settlers and trappers.

Sara hopes to continue her journey west to search for her husband. However, when her guide is murdered, she's forced to join up with a Mormon wagon train, led by Jacob Pratt (Dane DeHaan).

DANGEROUS JOURNEY

'Sara wants to protect her son at all costs, especially after she slips into this apocalyptic, high-stakes environment,' explains Gilpin, 38. 'They are thrust into a world where it's all about survival. There are no rules.'

Jacob and his companions are aiming to reach a Mormon stronghold that is being built in what will become Salt Lake City. It's a journey that brings them into conflict with the US Army and indigenous tribes, and the first episode depicts a real-life bloodbath, the Mountain Meadows Massacre, when Mormons, led by Brigham Young (Kim Coates), murder hundreds of pioneers.

Luckily for Sara and Devin, they are rescued by Isaac (Taylor Kitsch), a frontiersman with ties to the Shoshone tribe, who reluctantly agrees to help them.

'Violence was a huge part of the world at this time. There was so much conflict that there was no way to tell a story without it,' says Smith. 'The show really gives us a view into the Mormon migration. We wanted to show the lengths that Brigham Young went to defend his religion – and also the threats against the Mormons during that time.'

The series was filmed in New Mexico, and, before filming, the cast had a month of cowboy camp, where they learnt how to ride horses in 3ft-high snow. Even so, Kitsch broke his foot by the second episode.

'We filmed in the mountains in extreme cold, with wolves, bears and snakes,' says director Peter Berg, 60. 'Probably the hardest part was working with the wolves because if you get too close to them, they attack you. Getting them to attack our stuntmen was probably the single most difficult bit of directing I had to do!'

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX Black Doves

Genre: Thriller Season: 1 Episodes: 6

Keira Knightley (left) has earned a Golden Globe nomination for her performance in this all-guns-blazing and drily humorous espionage thriller. She plays Helen Webb, the apparently devoted wife of the Defence Secretary (Andrew Buchan). But she is actually a spy working for a shadowy organisation called the Black Doves, which sells state secrets to the highest bidder. When Helen's lover is killed in a wave of mysterious murders, her boss Reed (Sarah Lancashire) recalls an assassin (Ben Whishaw) to protect her.

prime The Sticky

Genre: Comedy drama Season: 1 Episodes: 6

A struggling farmer (Margo Martindale, right) teams up with a hapless security guard and a mobster's dogsbody to siphon off millions of dollars' worth of Canadian maple syrup in a dark comedy drama.

NETFLIX Churchill at War

Genre: Documentary Season: 1 Episodes: 4

Restored and colourised footage plus voice enhancements and contributions from historians and ex-world leaders reveal how events shaped Winston Churchill (right) to lead Britain to victory in World War Two.

Now in production...

Three upcoming shows to look out for soon

Paramount+ Tom Hardy

Paramount+'s as-yet-untitled drama, directed by Guy Ritchie, will follow rival crime families and star Tom Hardy (above) as Harry Da Souza, a fixer for London-based Irish gang boss Conrad Harrigan (Pierce Brosnan) and his wife Maeve (Dame Helen Mirren).

tv+ Lucky

Anya Taylor-Joy (above) will headline Apple TV+'s drama, executive produced by Reese Witherspoon and based on Marissa Stapley's novel about a woman with a criminal background who must break the law once more to flee her past when it returns to haunt her.

prime Silent River

In Prime Video's thriller, Matthew Rhys and John Krasinski (both pictured) will play men whose worlds unexpectedly collide as a serial killer brings torment and suspicion to small-town America and secrets unravel. Krasinski will also direct several episodes.

WORDS: CAREN CLARK, JUDY EWENS, SEAN MARLAND. PHOTOS: GETTY, NETFLIX, PRIME VIDEO

Schwimmer as Anthony

Twins Devin and Cece

Fright club

David Schwimmer and a group of teens battle supernatural forces

Disney+ Goosebumps: The Vanishing

NEW *Available: Friday 10 January*
Genre: Horror Season: 2 Episodes: 8

Disney+ releases a new instalment of its scary *Goosebumps* horror anthology this week, based on the bestselling young-adult novels by R.L. Stine.

This time, *Friends* star David Schwimmer takes the lead role as divorced botanist Anthony, who confronts a terrible event from his past when he returns to his family home in Brooklyn.

The spine-chilling eight-part series co-stars *Ugly Betty*'s Ana Ortiz as local detective Jen, who has a personal connection to the case, and also features a 'found footage' episode, filmed on a hand-held camera by director of 1999's *The Blair Witch Project*, Eduardo Sánchez.

Here, Schwimmer, 58, tells us more...

Ana Ortiz plays Jen

How would you describe your character? Anthony is the divorced dad of two teenage twins, Cece and Devin, and the family comes to spend the summer in the Brooklyn house where Anthony grew up as he needs to take care of his mom, who's living with dementia. It is a challenging chapter in Anthony's life, but he is determined to make it a fun summer for the kids.

From left: Stars Elijah M. Cooper, Francesca Noel, Jayden Bartels, Galilea La Salvia and Stony Blyden

Where do the scares come from? For a dare, the twins go off with some friends from the neighbourhood and explore a very creepy old abandoned fort. It's the site of a terrible event that happened 30 years ago, when four teenagers disappeared there – one of whom was Anthony's brother. He hasn't been seen since and is presumed dead, but whether that is actually the case is something we find out in the series.

What attracted you to the role? I was excited because I'm a major fan of horror comedy and I've never had the opportunity to do this genre before. There are a lot of stunts, action and visual effects. I also felt connected to Anthony. I am a single dad, too, and I could relate to the challenges he faces. *Goosebumps* is such a cherished series, and in every episode, there are lots of little Easter eggs and references from the other books for the superfans to spot and figure out.

Piper Niven (left) in action

Fighting talk

Netflix becomes the exclusive home of WWE in the UK

NETFLIX WWE Raw

NEW *Available: Monday 6 January*
Genre: Entertainment

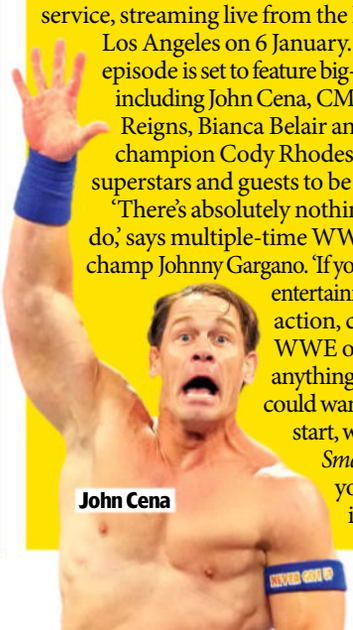
Fans of WWE in the UK can find their favourite wrestlers and shows all in one place from this week, as the sport-entertainment franchise enters into a long-term partnership with Netflix.

The streaming service will become the exclusive UK home of WWE's weekly shows *Raw*, *SmackDown* and *NXT* as well as its regular annual Premium Live Events (PLEs) such as *WrestleMania*, *SummerSlam* and *Royal Rumble*.

'I'm so excited that we're going to be on Netflix,' WWE star Piper Niven, from Kilbirnie in Scotland, tells *TV&Satellite Week*. 'I feel like the UK really deserves this, because we've always had the raw end of the deal. It was difficult to see wrestling here, and now the UK gets everything.'

Raw will be the first show to debut on the service, streaming live from the Intuit Dome in Los Angeles on 6 January. The premiere episode is set to feature big-name stars including John Cena, CM Punk, Roman Reigns, Bianca Belair and current WWE champion Cody Rhodes, with more superstars and guests to be announced.

'There's absolutely nothing like what we do,' says multiple-time WWE tag-team champ Johnny Gargano. 'If you like live sports, entertainment, drama, action, comedy, then WWE offers just about anything that anyone could want. Wherever you start, whether it's *Raw*, *SmackDown* or a PLE, you're going to be in a good spot.'


John Cena

WORDS: CAREN CLARK, RICHARD MCCLURE, STEVEN PERKINS. PHOTOS: BBC, C4, ©2025 DISNEY & ITS RELATED ENTITIES, ITV, PRIME VIDEO, WWE, GETTY

Bellisario and Larracuente as Traci and Alex

California cops tackle crime in a **police procedural with a twist**

Badge of **courage**

prime

On Call

NEW *Available: Thu 9 January Genre: Crime drama Season: 1 Episodes: 8*

An ambitious rookie and a veteran cop patrol a tough California neighbourhood while attempting to get the measure of each other in gritty new police procedural *On Call*.

Each episode follows Long Beach PD newcomer Alex Diaz (*The Good Doctor*'s Brandon Larracuente) and his training officer Traci Harmon (*Pretty Little Liars* star Troian Bellisario) as they work together on a shift, never knowing what incendiary situation the next call will throw them into.

'There's no shortage of drama in being a police officer in current times,' says showrunner Tim Walsh, who co-created the series with Elliot Wolf. 'It's an incredibly challenging job in a very challenging environment.'

Is soon becomes clear that Alex's time in the police academy hasn't fully prepared him, and when he hears rumours about Traci within the department, he begins to wonder if there's a side to her that he hasn't seen.

'There are moments where Alex feels he can trust Traci, but then another character plants a little seed of doubt in his mind,' says Larracuente, 30. 'What makes the show so interesting is that in each and every episode, he has to work for her trust, and vice versa.'

The pair build trust

To create a more informal, documentary-style feeling to the show, the series interweaves footage from the dashcam in the cops' car and the body cameras that they are wearing on their uniforms – which the actors shot for themselves.

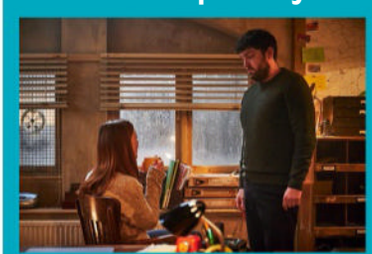
'They'd strap GoPros on us and we'd shoot a scene from top to finish, which was super-fun,' says Bellisario, 39.

The creators believe the show's pioneering visuals will make it stand out from other cop shows, and they have high hopes for the series' future.

'We're very proud of the fact that we have no formula,' says Walsh. 'I don't think we'll ever run out of ideas for this series.'

EVERYONE'S TALKING ABOUT...

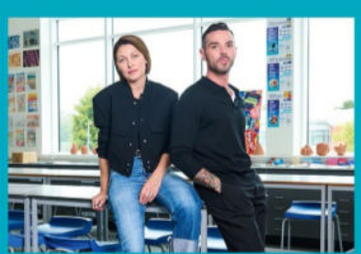
We point you towards the TV moments you won't want to miss on catch-up



BBC iPLAYER

Strike: The Ink Black Heart

The return of the BBC1 crime drama finds Robin (Holliday Grainger) stunned when Cormoran (Tom Burke) tries to kiss her. But the pair are soon distracted by a complex case when a cartoon creator is murdered.



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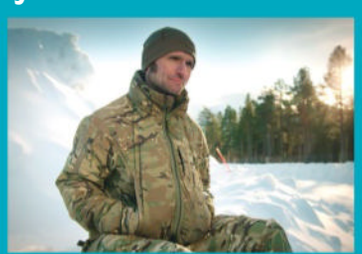
Swiped: The School That Banned Smartphones

C4's documentary sees Emma and Matt Willis work alongside a group of Year 8 pupils from Essex as they give up their phones for 21 days and undergo tests to assess the results.



4

Guy Martin: Arctic Warrior

On C4, the intrepid presenter endures a training course with the Royal Marines Commandos in the Arctic Circle, where he is submerged in an icy lake, sleeps in the wilderness and helps a helicopter under fire.

itvX

You Bet!

In ITV1's revival of the challenge show, Stephen Mulhern and Holly Willoughby host as a man tries to light fireworks while doing wheelies in a digger, and a blindfolded couple attempt to identify different cacti using only their tongues.

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Warner Studley Castle, Warwickshire

• 4 nights from £1099pp • 5 May 2025 • Self Drive to hotel

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• 4 nights from £999pp • 14 July 2025 • Self Drive to hotel

Escorted excursions by coach to: RHS Summer Flower Show at Wentworth Woodhouse, Chatsworth House lunch with Bakewell Tart & prosecco and guided garden walking tour, Bakewell, Lincoln guided walking tour, WWII International Bomber Command Centre near Lincoln.

Warner Holme Lacy, Herefordshire

• 4 nts from £939pp • 2 Jun & 15 Sep 2025 • Self Drive to hotel

Escorted excursions by coach to: the Severn Valley Steam Railway, Hereford, Westonbury Mill Water Gardens, Hampton Court Castle, the Wye Valley, Ross on Wye, Symonds Yat Rock viewpoint and a tour of Westons Cider Mill with a Cider tasting and Ploughmans lunch.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Good Fight

Sunday 5 January

The first four seasons, which originally aired from 2017 to 2020, of the spin-off from *The Good Wife*, with Christine Baranski reprising her role of prominent Chicago lawyer Diane Lockhart. *Vigil*'s Rose Leslie and *Criminal Record*'s Cush Jumbo also star in the legal drama.

WWE Raw

Monday 6 January

This live special is the first programme in Netflix's new World Wrestling Entertainment weekly series. Taking place at the Intuit Dome in California and featuring performers from the *Raw* and *SmackDown* brands, the action starts at 1am UK time. See feature, page 16.

Asura

The Breakthrough

Tuesday 7 January

Swedish crime drama based on a true story. When a double murder remains unsolved for 16 years, a detective teams up with a genealogist in order to track down the killer.

Geordie Shore

Tuesday 7 January

Season 25 of the Newcastle-based reality show sees the gang heading to Thailand – the boys for an epic stag do in Ko Samui and the girls for a crazy 48 hours in Bangkok.

On Call

Thursday 9 January

American police drama starring *Pretty Little Liars*' Troian Bellisario as a veteran officer and *The Good Doctor*'s Brandon Larracuente as her rookie partner on patrol in Long Beach, California. The cast includes former *ER* star Eriq La Salle. See feature, page 17.

Asura

Thursday 9 January

Japanese drama set in Tokyo in 1979. After discovering that their ageing father is having an affair and has had a child with his mistress, his four daughters agree to keep it a secret from their mother, but their bottled-up emotions cause the family to unravel.

I Am Ilary

Thursday 9 January

Italian docuseries about TV host Ilary Blasi, the ex-wife of former footballing great Francesco Totti. Following her difficult divorce, Blasi embarks on a new chapter in her life which includes new career opportunities and a new boyfriend.

American Primeval

Thursday 9 January

Historical drama telling the story of the birth of the American West in the 19th century. The land is untamed and dangerous and there are also violent clashes over beliefs and cultures. The ensemble cast includes *Waco*'s Taylor Kitsch and *Mrs. Davis*' Betty Gilpin. See feature, page 14.

Bank of Dave 2: The Loan Ranger

Friday 10 January

Sequel to the 2023 biographical comedy drama based on the real-life experiences of Dave Fishwick (*The Diplomat*'s Rory Kinnear). Two years after founding Britain's first community bank, Fishwick tackles payday-loan companies – a fight that takes him to the United States. With *This Is Us*' Chrissy Metz and *Happy Valley*'s Amit Shah. See feature, page 8.

Jerry Springer: Fights, Camera, Action

Tuesday 7 January

A two-part documentary delving into the origins and meteoric rise of America's most-outrageous talk show, hosted by former Cincinnati mayor and local news anchor Jerry Springer. With revelations from show insiders, producers and guests, it poses the question: just how far should things go in the name of entertainment?

Goosebumps: The Vanishing

Friday 10 January

In the second season of the supernatural-horror anthology series, teenage twins Devin and Cece (Sam McCarthy and Jayden Bartels) are spending the summer with their divorced father (*Friends* actor David Schwimmer) when they discover a threat within their home. As they delve into the unknown, the siblings and their friend find themselves entangled in the chilling tale of four teenagers who mysteriously vanished in 1994. See feature, page 16.

I Am Ilary

LOL: Last One Laughing Quebec

Friday 10 January

The third instalment of the French-language entertainment series in which comedians compete to make each other laugh without laughing themselves. Patrick Huard hosts.

Ad Vitam

Friday 10 January

French action thriller. After escaping an attempt on his life, Franck Lazarev (Guillaume Canet) must find his pregnant wife, who has been kidnapped by a group of armed men. The former elite French agent is both tied to his past and pulled into a state affair far beyond his control.

Sleepers

Friday 10 January

Dutch crime-drama series from Walter Presents. A criminal organisation demands information from a corrupt police officer that could endanger his life and his family as well as his career.

This Is Us

Friday 10 January

All six seasons of the hit American drama from 2016-22 telling the emotional story of the Pearson family across multiple decades. Starring Mandy Moore, Milo Ventimiglia, *Tracker*'s Justin Hartley, Sterling K. Brown and Chrissy Metz. Previously shown on Prime Video.

Cody Gakpo – Psalm 20:4

Monday 6 January

Docuseries about footballer Cody Gakpo and the defining moments in his career, from his standout performance for the Netherlands in the 2022 World Cup in Qatar to his headline-grabbing transfer to Liverpool in January 2023. The series also explores the importance of his faith as a Pentecostal Christian.

WORDS: JUDY EWENS. PHOTOS: ALAMY, NETFLIX

Terror on the Tube

Stunned commuters leave Edgware Road

The Tavistock Square attack

A moving docuseries looks back at the **2005 suicide attacks on London**

NEW FACTUAL

7/7: The London Bombings

Sunday & Monday, 9pm, BBC2 (box set, BBC iPlayer)

On 7 July 2005, three explosions on the London Underground and another on a bus in Tavistock Square claimed the lives of 52 people and injured hundreds more.

Now, almost 20 years on, BBC2's powerful four-part documentary *7/7: The London Bombings* explores events through the eyes of those affected by the horrific terror attacks, from the emergency services to the then Prime Minister Tony Blair, as well as the police and security forces who subsequently carried out the biggest manhunt in British history.

Also sharing their memories are survivors and the bereaved, including Julie Nicholson, whose daughter Jenny, 24, was heading to work at a music publishing company when she was killed in the blast near Edgware Road Tube station.

Julie Nicholson lost her daughter

'Twenty years doesn't feel any different to one year, except we've had more time to get used to grief,' says Nicholson. 'Jenny had a wonderful sense of humour, a zest for life. She was at the start of her career and, like many caught in acts of terrorism, was unlucky to be in the wrong place at the wrong time.'

AFTERMATH

Nicholson, who was a priest in Bristol in 2005, was first alerted to the atrocity when she received a call from her younger daughter Lizzie.

'I was visiting family in Wales and we didn't have the radio or TV on but Lizzie asked if I'd heard from Jenny. Then it was like falling dominoes when we tried to phone Jenny and also discovered she hadn't turned up in the office,' she explains.

'We had five excruciating days of not knowing. When we finally had the news, I was advised not to see Jenny but I wanted to be with her. Because I'm a priest, I anointed her body. That wasn't religious. It was about capturing that closeness between mother and child, a moment of birth, a moment of death.'

The documentary also looks at how, as the Islamist terrorists' identities were uncovered, another failed attack on London's transport network took place on 21 July. The following day, at Stockwell station, police mistakenly shot dead Brazilian Jean Charles de Menezes, whom they wrongly suspected of being involved. And Nicholson recalls following every development.

'I had a need to know everything,' she says. 'People were trying to keep the nation safe. Survivors were reclaiming lives. Those who lost a loved one were grieving. My anger will never go away that we live in a world where innocent lives are lost. And my daughter's part of that.'

WORDS: CAREN CLARK, NATASHA HOLT, TESS LAMACRAFT, IAN MACEWAN, ELAINE REILLY.
PHOTOS: ALAMY, BBC, C4, GETTY

Eat Smart: Secrets of the Glucose Goddess

Tuesday, 8pm, C4

Biochemist and author Jessie Inchauspé, AKA the Glucose Goddess (above, left), believes that keeping our blood sugar constant and avoiding glucose spikes is the way to stay healthy. In this two-parter, volunteers who suffer from a range of ailments follow her dietary plan for six weeks.

Monty Don's British Gardens

Friday, 8pm, BBC2 (box set, BBC iPlayer)

Monty Don (above) travels the length and breadth of the UK to explore a range of gardens and meet the people who've created them. As his journey begins this week, he's granted access to the private garden at Birkhall in Aberdeenshire, the Scottish home of King Charles and Queen Camilla.

Joanna Page's Wild Life

Mon-Fri, 6.30pm, BBC2 (box set, BBC iPlayer)

Gavin & Stacey's Joanna Page (left) joins the team at Surrey's Wildlife Aid hospital in a bid to become a fully fledged wildlife-rescue volunteer. Across the 15-parter, she assists vets in everything from injecting hedgehogs with medicines and tube-feeding baby seagulls to releasing foxes back into the wild.

Dragons' Den

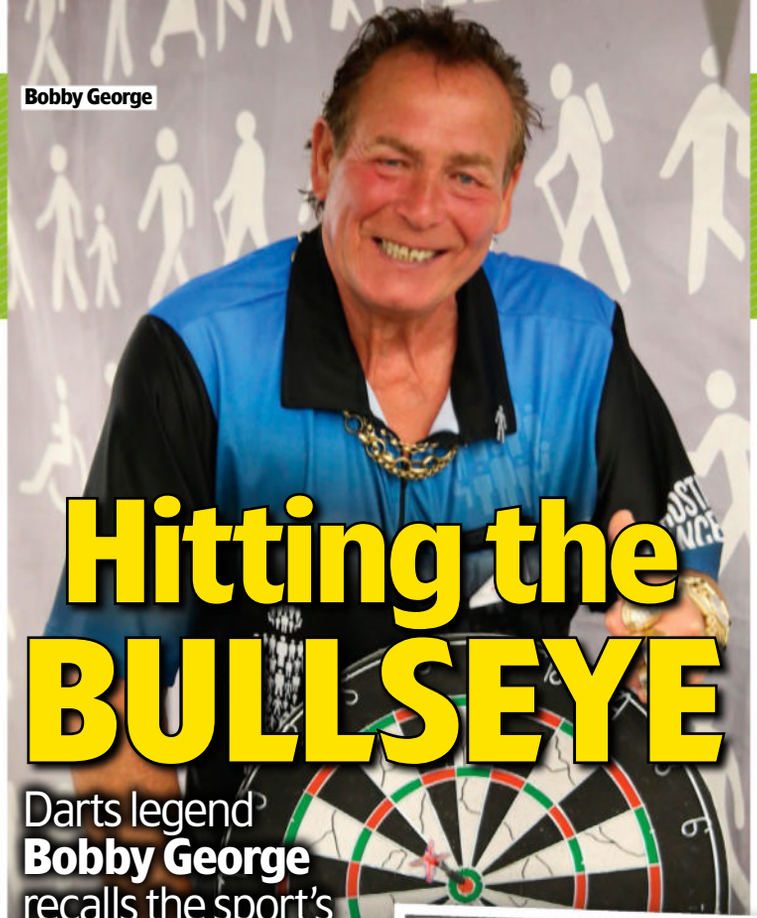
Thursday, 8pm (Wales, BBC2), BBC1

There's another batch of brilliant and sometimes barmy business ideas as *Dragons' Den* returns for its 22nd series with more entrepreneurs pitching for investment from Deborah Meaden (above), Peter Jones, Touker Suleyman, Sara Davies and Steven Bartlett. This week's Guest Dragon is health-and-wellness guru Joe Wicks.

Inside the Factory

Tuesday, 8pm, BBC1

In this week's episode, Paddy McGuinness (above) returns to his home town of Bolton to visit the headquarters of Warburtons, which delivers 18,500 loaves of bread to stores across the UK every day. It's a chance to reminisce for McGuinness, who used to work as a cleaner in the very same bread factory over 30 years ago.



Bobby George

Hitting the BULLSEYE

Darts legend **Bobby George** recalls the sport's glory days

NEW FACTUAL

Dart Kings

Saturday, 9pm, Sky Documentaries & Sky Showcase (box set, Sky Box Sets & NOW)

In the 1970s and 80s, dartsmania swept the UK as what was once just a working man's pub game began commanding TV audiences of over 10 million, and turning players like Eric Bristow, Bobby George and Jocky Wilson into household names.

As a three-part documentary takes a look back at the sport's heyday, we caught up with George, 79, to hear his memories...

Do you look back at those days fondly? Yes, we had a lot of fun and we were all mates, more or less. I liked to be the showman, I liked the theatre of it. I had to play well but I enjoyed the dressing up.

How did you become known as the 'King of Bling'? When I played Eric Bristow in the World Championship final in 1980, I had a glittery shirt on and someone gave me a candelabra, so I walked on stage with it and everyone got their lighters out! Then I had a cloak made and I got more and more jewellery. They called me 'Mr Glitter' at first, then it became the 'King of Bling'.

Jocky Wilson with George

Eric Bristow had a reputation for being cocky. Was that fair? Yes, he was really cocky! He was a great player but he was a Jekyll-and-Hyde figure. He'd be great in the morning and he'd make you a cup of tea. But by the evening, when we were playing, he was arrogant.

How do you think darts has changed over the years? It's not as much fun. Today, all the players are wrapped up in cotton wool. They can't go out in the audience and they can't have a beer.

Do you think the future of darts is safe in the hands of Luke Littler? Yes, he's an amazing darts player. Luke Humphries is, too. Darts is exploding. It's really a worldwide game now.

Eric Bristow

Films Our Pick of

Get Away

PREMIERE OF THE WEEK

Things get hilariously grisly for **Nick Frost** and family on a remote Swedish island

HORROR COMEDY

Friday, 10pm & 3.15am, Sky Premiere ★★★★

Take the culty vibes from *Midsommer* and *The Wicker Man*, stir in a dollop of dark comedy from the likes of *Hot Fuzz* and *Sightseers* and you come up with the bloody delight that is *Get Away*. Written by Nick Frost (who starred alongside Simon Pegg in *Hot Fuzz*, *Shaun of the Dead* and *The World's End*), this sees his amiable, confrontational-hating English dad, with wife Aisling Bea and teen kids Sebastian Croft and Maisie Ayres, travelling to an isolated island in Sweden to witness a bizarre festival held there.

Naturally, the locals, led by a wild-eyed Anitta Suikkari, are not best pleased to have outsiders around, but Frost and his brood are welcomed more by Eero Milonoff, the decidedly creepy, Norman Bates-esque owner of their Airbnb. It's obvious from the get-go that things are not what they seem, but there are surprises in store for everybody...

What appears to be a fairly slow start to the movie suddenly comes into sharp focus once the soundtrack kicks in with Iron Maiden's *Run to the Hills* and the carnage ensues. Frost and co pitch their performances just right (even if the Swedish section of the cast have far less to play with), gleefully taking on the tropes and mannerisms of the English abroad to cringingly full effect. Director Steffen Haars keeps things moving and delivers a brisk pitch-black comedy that is wildly entertaining and increasingly funny as the story reveals itself. 2024, 15, 86MIN

WORDS: NIGEL PIZEY

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

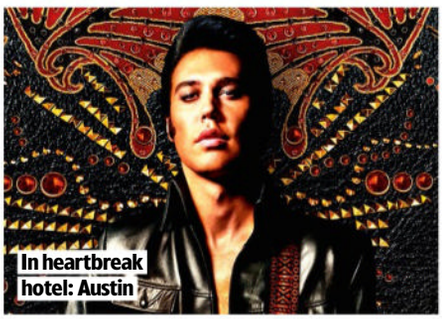
the Week's Best Films

BIOPIC

Elvis

On now, On demand, Netflix ★★★★

Spanning 30 years of Elvis Presley's life, from his boyhood formative early encounters with gospel and rhythm & blues to the stage in Las Vegas, Baz Luhrmann's biopic has swagger to spare and a star-making performance from Austin Butler. Breakout star Butler imbues Presley with heartbreaking vulnerability as the singer's early exhuberance and enthusiasm gives way to tragedy. Interestingly, the story is told not by Presley, but by Tom Hanks' Colonel Tom Parker who managed Elvis for much of his career and whose exploitative, carnival-barker-style approach to handling the star stiffed his talent. Much of interest is skipped over by well-edited montages or newspaper headlines, but Luhrmann cultivates such vibrant energy that it's easy to forgive the gaps. 2022, 12, 159MIN



In heartbreak hotel: Austin

Face-off: Guy and Lawrence

HISTORICAL DRAMA

The Convert

Saturday, 4.05pm & 10.10pm, Sky Premiere ★★★★

Almost as soon as he's laid a foot in New Zealand, lay preacher Thomas Munro (Guy Pearce) intervenes in the execution of young Maori woman Rangimai (Tioreore Ngatai-Melbourne) by a local warlord (Lawrence Makoare), and takes her in as his ward. This is the 1830s, when Maori clans fought each other while the English colonists moved in by stealth, and director Lee Tamahori highlights an indigenous nation unaware of what is going on right in front of them. It's not long before the blatant racism of 'polite' society steers Munro towards the Maori, as he attempts to broker peace between two tribes after some bone-crunching, blood-soaked clashes. With a stunning New Zealand as its backdrop, this is a visually sumptuous movie, driven by strong acting and a propulsive story, with a title that changes meaning as the film progresses. 2024, 15, 119MIN

The brat pack: Austin and co.

COMEDY DRAMA

The 4:30 Movie

Sunday, 6.45am & 4.30pm, Sky Premiere ★★★

A coming-of-age movie from film-maker Kevin Smith (*Clerks*, *Zack and Miri Make a Porno*, etc), this slight, but amiable semi-autobiographical tale follows 17-year-old Austin Zajur and his friends attempting to watch movies all day at the local cinema in 1986. Some of the banter is on the nose, and Smith struggles with female characters, but this is made with affection and heart. The cast (which includes numerous cameos from Smith regulars) is good, although the stand-out is Ken Jeong as the cinema's megalomanical manager. 2024, 15, 84MIN

Turf warriors!

ANIMATION

Marcel the Shell with Shoes On

On now, On demand, Netflix ★★★★

Marcel the Shell (voiced by co-writer Jenny Slate) lives discreetly with Connie (Isabella Rossellini) and uses *MacGyver*-worthy improvisational techniques to obtain resources out of sight of humans. But he finds fame when a documentarian (director Dean Fleischer Camp) discovers the innovative pair and his film goes viral. Sidestepping annoying mawkishness and mixing observational comedy with genuinely moving insight, this largely stop-motion mockumentary – based on a series of online shorts – excels. 2021, PG, 90MIN

FilmFinder The best of the week at a glance

Comedy

Moving On

Sunday, 6am & 3.35am, Sky Best of 2024 ★★★

Jane Fonda plots to kill a dead pal's hubby (Malcolm McDowell) due to something 46 years earlier. Lily Tomlin helps her in this enjoyable if flimsy tale. 2022, 15, 85MIN

Working Girl

Sunday, 9pm, Comedy Central ★★★★

A sparkling comedy starring Melanie Griffith as a secretary with big ideas. Harrison Ford is the broker she charms and Sigourney Weaver her devious boss in this 1980s classic. 1988, 15, 113MIN

Hope Springs

Tuesday, 9.40pm, Sky Cinema Comedy ★★★

A sad, funny and honest film in which Meryl Streep and Tommy Lee Jones try to revive their stale marriage with help from therapist Steve Carell. 2012, 12, 100MIN

What Happens Later

Wednesday, 11.15am, Sky Cinema Comedy ★★★

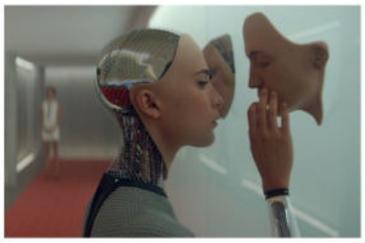
Meg Ryan directs and stars in this finely acted, touching romcom in which she and old flame David Duchovny reminisce in a snowbound airport. 2023, 15, 103MIN

Sci-Fi

Wifelike

On demand, Netflix ★★★

Jonathan Rhys Meyers is given an AI replica (Elena Kampuoris) of his late wife. Pulling an effective bait-and-switch halfway through, this low-budget sci-fi is clunky but intriguing. 2022, 15, 105MIN



Ex Machina

Saturday, 9.35am & 2.10am, Sky Sci-Fi/Horror ★★★★

Alicia Vikander's intelligent android poses some complex questions for Domhnall Gleeson's techie in this gripping sci-fi thriller. 2014, 15, 108MIN

Ghost in the Shell

Sun, 6.30am & 4am, Sky Hits ★★★★

Human-cyborg government warrior Scarlett Johansson starts to question her identity and memories. Johansson is fabulous and the action's a blast in this sleek, exciting sci-fi. 2017, 12, 107MIN

Blade Runner

Friday, 3pm & 10.10pm, Sky Sci-Fi/Horror ★★★★★

Ridley Scott's classic sci-fi stars Harrison Ford as the title android hunter, while Daryl Hannah, Sean Young and Rutger Hauer also dazzle. 1982, 15, 117MIN

Drama

The Guernsey Literary and Potato Peel Pie Society

Saturday, 6.25pm, BBC2 ★★★★

A tasty slice of comedy, mystery and drama in which Lily James travels to post-war Guernsey and strikes romantic sparks with Michiel Huisman. 2018, 12, 124MIN

Rules Don't Apply

Wednesday, 1am, C4 ★★★★

Warren Beatty directs and stars as eccentric tycoon Howard Hughes in this fittingly odd tale that compellingly focuses on two of his employees, Lily Collins and Alden Ehrenreich. 2016, 12, 127MIN

EDITOR'S CHOICE

Widow Clicquot

Tuesday, 6.05am & 4am, Sky Drama ★★★★

In 1805 France, young widow Barbe Clicquot overcomes huge obstacles (a chunk of them due to her gender) to make her husband's vineyards legendary. Played with quiet reserve but steely determination by Haley Bennett, Barbe's sheer will and ingenuity is the driving force behind this gorgeously filmed and tender ode to love and grief that's a heady, intoxicating delight. 2023, 15, 90MIN

Thriller

Shooter

Monday, 9pm, GREAT! movies ★★★★

Ex-Marine sniper Mark Wahlberg is brought in to protect the US president. But, one dead big-wig later, he's on the run trying to prove he wasn't the shooter. A gripping, classy thriller. 2007, 15, 126MIN

Absolution

Tuesday, 6.05pm, Sky Thriller ★★★

Liam Neeson, the hard man for mobster Ron Perlman, tries to make amends when his mental faculties start to desert him. The gritty plot has been done often, but Neeson shines. 2024, 15, 112MIN

Mission: Impossible – Fallout

Thursday, 9pm, Film4 ★★★★

Tom Cruise hunts rogue nukes in a fab thrill ride that sees him jumping out of a plane, racing through Paris on a motorbike and leaping around London. 2018, 12, 147MIN

Wanted

Thursday, 9pm, GREAT! movies ★★★

With the help of mysterious Angelina Jolie and Morgan Freeman, James McAvoy's office slacker transforms into a tough assassin. This silly but exciting thriller keeps you gripped. 2008, 18, 110MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 4 January

COMEDY

Snack Shack

9.55pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Two cocky grifters and best buds (Conor Sherry and Gabriel LaBelle) think they've hit paydirt when they (over)bid for the summer rental of a swimming pool food stand in 1991 Nebraska. This may not be original, but it's done with wit and warmth and writer-director Adam Rehmeier has a keen eye for how boys deal with life's obstacles, often utilising their perpetual potty mouths. The movie does take a strange turn into darker territory, but overall manages to maintain its summer-of-fun vibe. 2023, 15, 112MIN

Sunny side up: Conor, Mika Abdalla and Gabriel

ACTION COMEDY

Sherlock Holmes

2.50pm, Channel 5 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Guy Ritchie gives Arthur Conan Doyle's classic detective stories a tongue-in-cheek treatment and has ideal stars in Robert Downey Jr's Holmes and Jude Law's Watson. They make a great double act as they try to foil Mark Strong's dastardly plot to wipe out Parliament and seize power. Slick, exciting and rewarding entertainment – and Victorian London looks a treat, too. The sequel, *A Game of Shadows*, is at 5.15pm. 2009, 12, 128MIN

DRAMA

Boogie Nights

10pm, Comedy Central ★★★★

Sex ●●● Violence ●●● Language ●●●

An expansive overview of the hardcore porn industry from Paul Thomas Anderson. By turns hilarious, touching and horrifying, the film follows industry players and hangers-on from the happy-go-lucky 1970s through to the hard-bitten 1980s as greed, drugs and the spectre of Aids take their toll. Mark Wahlberg stars and an Oscar-nominated Burt Reynolds plays a self-deluded porn auteur. 1997, 18, 156MIN

ACTION COMEDY

Nobody

9.10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Bob Odenkirk stars as a jaded everyman facing the diminishing returns of a middle-aged, middle-class suburban existence. But his previous life as an assassin comes to the fore during a burglary and an act of retribution escalates into a full-on war with the Russian mob. Odenkirk does a remarkable job of convincing us he's the most dangerous man in town, plunging the viewer into a stream of breathless murder set-pieces. 2021, 15, 92MIN

GANGSTER CLASSIC

Scarface

11pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Deported to the US in 1980, Cuban Tony Montana (Al Pacino) kills his way to the top of the drug trade. This inspired remake of the 1932 Paul Muni film gave Pacino one of the defining roles of his career. Flamboyant, extremely foul-mouthed and furiously funny, he carves out his own twisted version of the American Dream. Michelle Pfeiffer also impresses as his wife. 1983, 18, 163MIN

■ Full listings start on p35

Sunday 5 January

COMEDY DRAMA

The Holdovers

9.35am & 5.45pm, Sky Best of 2024 ★★★★★

Sex ●●● Violence ●●● Language ●●●

At a posh 1970s boarding school in New England, strict teacher Paul Giamatti is roped in to supervise the pupils, including angry Dominic Sessa, unable to go home for Christmas. But, along with Oscar-winning Da'Vine Joy Rudolph's grieving cook, they connect. As the characters let down their guard, Giamatti is a warm-hearted delight, Sessa endearing and Rudolph the movie's beating heart in director Alexander Payne's loving, subtle and moving testament to the power of the human spirit. 2023, 15, 133MIN

Tinsel town: Dominic, Paul and Da'Vine

ANIMATION

Sing 2

3.50pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

This boisterous sequel delivers more songs and slapstick carried out by a variety of animals. A fab voice cast (including Bono, Pharrell Williams and Halsey) is led by Matthew McConaughey's koala, who is determined to put on a Vegas-style show. Laugh-out-loud moments are rare, but it raises lots of smiles and the renditions of songs ranging from Stevie Winwood to Taylor Swift (and of course U2) are excellent. 2021, PG, 100MIN

ACTION

Top Gun

6.35pm, GREAT! movies ★★★

Sex ●●● Violence ●●● Language ●●●

The searing aerial action, Tom Cruise's big-smiling charisma and an Oscar-winning song took filmgoers by storm in this thunderous adventure. Cruise is a fighter pilot at the US Navy's elite air combat training school who bucks authority, but comes good in the end to claim the glory and the girl (Kelly McGillis). The US Navy, which had script approval, allowed filming at the real Top Gun fighter tactics school and their F-14 Tomcats are true stars. 1986, 12, 110MIN

COMEDY

The Mask

3.55pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Jim Carrey is ideally cast in this fun action fantasy about an unassuming bank clerk who becomes the amalgam of all his favourite cartoon characters when he dons an ancient mask that he finds floating in a river. Soon he is flexing his green-faced alter ego at the bad guys, while romancing their moll (Cameron Diaz in her debut). Pitched at a hectic pace, the film is filled with great special effects and uproarious comic moments. 1994, PG, 101MIN

BIOPIC

Walk the Line

10pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This biopic glosses over the more unsavoury aspects of the life of singer Johnny Cash, but gets carried along by strong performances and the music itself. Joaquin Phoenix captures Cash's self-destructive dark side and acquits himself well during the musical numbers, while Reese Witherspoon displays both sweetness and toughness as his wife June Carter. 2005, 12, 136MIN

■ Full listings start on p45

HOME PREMIERES

*New movies to buy or rent on **Sky, Virgin, Prime Video** and more*

Smoke and mirrors: Ralph

THRILLER

Conclave

On all week ★★★★

Sex ●●● Violence ●●● Language ●●●

The election of a Pope turns into a battle for the soul of the Catholic Church in this gripping thriller based on Robert Harris' bestseller. Ralph Fiennes is at his best as the principled man in charge of the voting, who is forced to turn detective in the midst of all the conspiracy and chicanery. There are striking turns from Stanley Tucci, John Lithgow and Sergio Castellitto as rival candidates, but it is Isabella Rossellini as a sternly vigilant nun who almost steals the film. Director Edward Berger creates nail-biting suspense out of the conflict between conservatives and progressives, but the ending's a twist too far. From 30 Dec. 2024, 12, 120MIN

Fuelling the fire: Cillian

DRAMA

Small Things Like These

On all week ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1985 County Wexford, Cillian Murphy is a hard-working, devoted father of five whose job as a coal merchant unexpectedly brings him into contact with the Catholic Church's brutal treatment of young women, stirring painful childhood memories as the son of a shunned single mother and presenting him with an equally distressing moral dilemma. Murphy's briliant portrayal of inner turmoil is at the heart of this quietly powerful drama, while as a steely nun Emily Watson also makes a big impression. 2024, 12, 98MIN

Weekday movies over page

Weekday movies

Monday 6 January

DRAMA

Nowhere Special

11.05pm, BBC2 ★★★★

Sex ●○○ Violence ○○○ Language ●●○

James Norton stars in this utterly heartbreaking tale as a window cleaner and single father living in Northern Ireland with his little son (Daniel Lamont). Terminally ill, he is determined to find his boy a suitable foster home before he dies – a life-altering decision that he rightly agonises over. Drawing on a true story, writer-director Uberto Pasolini's film unsurprisingly teeters towards sentimentality, but even the stoniest of hearts will melt at Norton's bond with super-cute Lamont. 2020, 12, 92MIN

Best wishes: Daniel and James

DRAMA

Dallas Buyers Club

8am & 6pm, Sky Drama ★★★★

Sex ●●● Violence ●○○ Language ●●●

By turns obnoxious, dogged, canny, compassionate and brave, Matthew McConaughey is mesmerising to watch as a Texan given 30 days to live after being diagnosed with Aids. Set in 1985 and based on a true story, this stirring tale of underdog triumph is undoubtedly a simplified account of the events, but McConaughey's Oscar-winning performance really packs a punch. 2013, 15, 117MIN

ACTION

John Wick: Chapter Two

12m't, Sky Stunts ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Keanu Reeves' impossibly cool assassin is back for a brazenly entertaining sequel. Wick has a giant bounty on his head, which sends the likes of Common and Ruby Rose after him and is all the excuse the movie needs to stage some audacious, stunningly choreographed action, including a gun battle in Rome, a bruising face-off on a New York subway and a superb climactic showdown. 2017, 15, 122MIN

ANIMATION

Spider-Man: Into the Spider-Verse

4pm, Sky Animation ★★★★★

Sex ○○○ Violence ○○○ Language ○○○

This dazzlingly playful, Oscar-winning animation takes our hero into parallel universes, all with their own animation style. A Brooklyn teen (voiced by Shameik Moore) becomes Spider-Man and meets others, including a jaded Spider-Man (Jake Johnson), Spider-Gwen (Hailee Steinfeld), hard-bitten Spider-Man Noir (Nicolas Cage) and pig hero Spider-Ham (John Mulaney). 2018, PG, 117MIN

MYSTERY

The Illusionist

2.35am, Sky Drama ★★★★

Sex ○○○ Violence ○○○ Language ○○○

In 1900 Vienna, Jessica Biel is engaged to the vindictive Austrian Crown Prince (Rufus Sewell), but is in love with her childhood sweetheart and famed stage magician Edward Norton. With Paul Giamatti as the police chief casting a sceptical eye on things, this is a clever and involving mystery that keeps you guessing right up to the ingenious twist ending. 2006, PG, 109MIN

■ Full listings start on p55

Tuesday 7 January

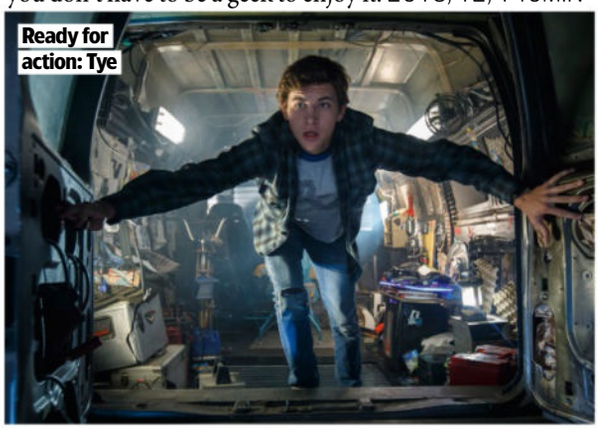
SCI-FI ADVENTURE

Ready Player One

8pm, Sky Sci-Fi/Horror ★★★★

Sex ○○○ Violence ●○○ Language ●○○

An adventure tale that revolves around the pleasures of losing yourself in fantasy worlds, director Steven Spielberg's movie is an exuberantly entertaining thrill ride. The setting is 2045, and Tye Sheridan's young orphaned hero and his friends are trying to solve a fortune-bestowing puzzle hidden inside a virtual reality world called the Oasis. The ensuing story zips along with tremendous vim on a tide of breathless action and boundless pop-culture trivia – and you don't have to be a geek to enjoy it. 2018, 12, 140MIN



Ready for action: Tye

COMEDY

Downsizing

6am & 5.15am, Sky Cinema Comedy ★★★★

Sex ●○○ Violence ○○○ Language ●●○

Well-meaning Matt Damon wants to spice up his dull life while doing his bit to save the planet. So he and his wife (Kristen Wiig) decide to sign up for a futuristic medical operation that will shrink them to five inches in height – great for their carbon footprint and bank balance, too. However, things do not quite go as they planned in director Alexander Payne's funny and clever satire. 2017, 15, 135MIN

BIOPIC

Steve Jobs

5.55pm, Sky Drama ★★★★

Sex ○○○ Violence ○○○ Language ●●○

This exhilarating film about Apple computer guru Steve Jobs (Michael Fassbender) focuses on just three episodes from its subject's rollercoaster career: a trio of crucial product launches. The set-up is deliberately contrived, yet thanks to writer Aaron Sorkin and director Danny Boyle's audacity and panache, and the superb work of the actors (including Kate Winslet), the drama that unfolds is strikingly compelling. 2015, 15, 122MIN

COMEDY

Nacho Libre

6.45am & 3.50am, Sky Hits ★★★★

Sex ○○○ Violence ●○○ Language ○○○

You don't need to have seen any Mexican wrestling movies for this goofy spoof of the genre by director Jared Hess to reduce you to a quivering pile of giggles. Jack Black plays a lowly friar at a rural orphanage who decides to transform himself into masked wrestler Nacho Libre in order to pay for more tasty meals for his wards. Like the Marx Brothers, this is a comedy that revels in its own silliness. 2006, 12, 92MIN

MONSTER MOVIE

Jaws

10pm, ITV4 ★★★★★

Sex ○○○ Violence ●○○ Language ●○○

Director Steven Spielberg's classic chiller is a textbook exercise in the creation of suspense. Amity Island resort is the place where it definitely isn't safe to go into the water, a great white shark is the people-eater at large and police chief Roy Scheider, shark expert Richard Dreyfuss and grouchy boat skipper Robert Shaw are the mismatched trio who hunt it down. 1975, 12, 125MIN

■ Full listings start on p65

Wednesday

DRAMA

Are You There God? It's Me, Margaret

On demand, Netflix ★★★★

Sex ○○○ Violence ○○○ Language ○○○

A nostalgic throwback to simpler times, this lovely coming-of-age movie is based on Judy Blume's 1970 novel. When Margaret (Abby Ryder Fortson) and

SCI-FI THRILLER

10 Cloverfield Lane

4pm, Sky Thriller ★★★★

Sex ○○○ Violence ●●○ Language ●○○

Mary Elizabeth Winstead's car-crash survivor wakes to find herself trapped in a bunker with John Goodman's gloomy survivalist. He declares he has rescued her from an apocalyptic calamity that has rendered the outside world uninhabitable. But are the real perils outside or on the inside? The tension is slowly cranked up in this gripping thriller as the mood slides back and forth between black comedy and white-knuckle scares. 2016, 12, 93MIN

COMEDY DRAMA

Charlie Wilson's War

4.10pm, Sky Drama ★★★★

Sex ●●○ Violence ●●○ Language ●●○

Although it plays out like a typical screwball comedy, this scathing political satire starring Tom Hanks is actually based on a strange-but-true story. He's excellent as Charlie Wilson, a Texas Congressman who loves partying, women and the high life. When the Soviets invade Afghanistan in 1979, he secretly supplies arms to the Afghan rebels, aided by a maverick CIA agent (Philip Seymour Hoffman) and a rich socialite (Julia Roberts). 2007, 15, 102MIN

PHOTOS: ALAMY

8 January

her family uproot from city to suburbs, many challenges await. As Margaret asks God for things she wants, she also interrogates religion in the light of her parents' interfaith marriage. Fortson is an endearing lead, as her mum Rachel McAdams is at her most likeable and Kathy Bates invests her grandma with commanding, nuanced notes. 2023, PG, 106MIN

New girls: Rachel and Abby

SCI-FI

Gravity

6.15pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sandra Bullock's medical engineer is on her first space mission with veteran George Clooney when they are stranded after debris from a Russian satellite destroys their shuttle. Director Alfonso Cuarón's ground-breaking thriller won seven Oscars and provokes jaw-dropping wonder, heart-stopping tension, spine-tingling shocks and dizzying fear. The spectacle is often disorientating, but the actors anchor us. 2013, 12, 91MIN

THRILLER

The Shallows

10.40pm, BBC1 (11.10pm Scot, 11.40pm N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Lone surfer Blake Lively travels to her late mother's favourite beach, a remote Mexican cove, but it's become the feeding ground for a great white shark. Their first encounter leaves her stranded on a tiny rock 200 yards from shore, with high tide coming. But Lively's resilient and resourceful – and the result is a heart-stoppingly tense thriller. 2016, 15, 86MIN

■ Full listings start on p75

Thursday 9 January

PERIOD DRAMA

Phantom Thread

1.50pm & 3.45am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

An exquisite weave of gothic romance and haute couture comedy, director Paul Thomas Anderson's spellbinding movie traces the battle of wills between Daniel Day-Lewis' ultra-perfectionist dressmaker in glamorous 1950s London and the young woman (Vicky Krieps) who serves as his mistress, model and muse. Day-Lewis is on immaculate form, strong-willed Krieps more than matches him and the frocks are fabulous – costume designer Mark Bridges deservedly scooped an Oscar. 2017, 15, 130MIN

Sew had enough: Vicky and Daniel

COMEDY DRAMA

Scent of a Woman

8pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Oscar-winning Al Pacino plays a blind, loud-mouthed and totally irascible ex-US Army officer who decides to have a weekend on the town in New York. Hired as his minder, Chris O'Donnell is the student who's dragged along with him in a tartly amusing adventure that takes in a huge amount of colourful banter, one great tango dance sequence and essential accessories such as a Ferrari sports car and a stretch limo. 1992, 15, 157MIN

WAR DRAMA

Dunkirk

8pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

Defying convention and Hollywood heroics, Christopher Nolan's immersive epic about the Dunkirk evacuation plunges us into the action as hundreds of thousands of trapped Allied troops await rescue from the wartorn beaches of 1940 France. The film interweaves plot lines involving Mark Rylance, Fionn Whitehead, Kenneth Branagh et al, brilliantly conveying the panic, terror, endurance and resolve of those involved. 2017, 12, 106MIN

COMEDY

My Cousin Vinny

9pm, Comedy Central ★★★

Sex ●●● Violence ●●● Language ●●●

In a made-to-measure role, Joe Pesci goes to town as fast-talking Vinny, a hopeless attorney who took six years to pass his law exams. But he is hired by Ralph Macchio's hapless New York cousin who's been mistaken for a murderer in small-town Alabama... Pesci is a lot of fun and Marisa Tomei also scores a comical bull's-eye (and she won an Oscar) as his flashy girlfriend. Fred Gwynne gives a deeply droll turn as the judge. 1992, 15, 119MIN

MUSICAL

Moulin Rouge!

10.40pm, BBC1 (11.10pm Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1899 Paris, Ewan McGregor's penniless writer falls for the star of the Moulin Rouge, Nicole Kidman. But he has a rival for her affections in Richard Roxburgh. Director Baz Luhrmann has lavished enormous care on this visually stunning musical, from the amazing costumes and set design to the punchy soundtrack, and it's a whirl of action, dancing and colour. 2001, 12, 128MIN

■ Full listings start on p85

Friday 10 January

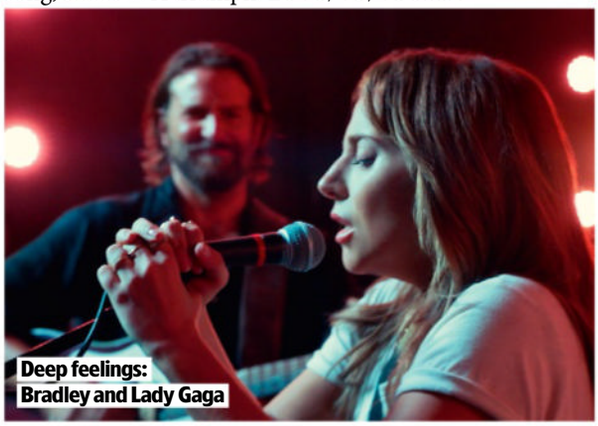
DRAMA

A Star Is Born

8pm, Sky Icons ★★★★★

Sex ●●● Violence ●●● Language ●●●

Thanks to electrifying performances from Lady Gaga and director and co-writer Bradley Cooper, this bittersweet showbiz classic (previously filmed in 1937, 1954 and 1976) is still as fresh as ever. Bringing the story up to date, Cooper plays a hard-drinking country-rock star and she's a struggling singer-songwriter who fall in love – but as her career takes off his begins to slide, with tragic results… The film was nominated for eight Oscars and won for best song, *Shallow*. A triumph. 2018, 15, 136MIN



Deep feelings: Bradley and Lady Gaga

SCI-FI

Star Trek Beyond

8.20am & 8pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

This third adventure, co-written by Simon Pegg (who also returns as Scotty), is a playful, spirited tonic. As ever, Chris Pine's Kirk is recklessly daring, while Zachary Quinto's Spock remains imperturbably calm. Their traits prove crucial when the *Enterprise* crew is stranded and separated on a remote planet after being lured there by Idris Elba's sadistic alien, while Sofia Boutella helps them. 2016, 12, 122MIN

CLASSIC

Sunset Boulevard

9.25am & 4.15pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

There's a superbly doom-laden atmosphere about director Billy Wilder's abrasive portrait of a reclusive Hollywood star and of the writer enmeshed in her web; you can almost smell the decay. It was a sensational comeback for silent-era star Gloria Swanson, whose magnetic performance won her an Oscar nomination, along with co-stars William Holden, Nancy Olson and Erich von Stroheim. 1950, PG, 110MIN

DRAMA

Gran Torino

5pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Giving himself a tailor-made role, Clint Eastwood (who also directs with his customary flair) plays a grumpy, bigoted Polish-American widower in Michigan. He's forced to confront his prejudices and re-evaluate his thinking when he is reluctantly drawn into the lives of his neighbours after their 15-year-old son (Bee Vang) tries to steal his treasured 1972 Gran Torino car. A polished, funny and touching drama, with a great ending. 2008, 15, 116MIN

BIOPIC

Colette

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

A spirited Keira Knightley takes Belle Epoque Paris by storm in this lush and risqué biopic about the early career of early-20th-century French writer Colette. Dominic West has a blast, too, as her husband Willy, a proper rotter who takes all the credit for his wife's early books and is a womanising spendthrift to boot. But this is Knightley's show and she's terrific. 2018, 15, 112MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Victorious England players Lauren Hemp, Demi Stokes, Jill Scott and Lucy Bronze after the Euro 2022 final

Team Europe won the 2023 Ryder Cup

2025 sport calendar

Unmissable dates for your diary – from the Women's Euros and Lions tour to the Ashes and Ryder Cup

JANUARY

12-26 Tennis Australian Open
12 Cricket Women's Ashes (until 2 February)
12-19 Snooker The Masters
22 Cricket India v England: Men's T20s & ODIs (until 12 Feb)
31 Rugby union Men's Six Nations (until 15 March)

FEBRUARY

4-16 Skiing World Championships
6 Darts Premier League (until 29 May)
8-16 Multi Invictus Games
9 American football Super Bowl LIX
13 Rugby league Super League starts (Grand Final on 11 Oct)
19 Cricket Champions Trophy (until 9 March)
22 Boxing Daniel Dubois v Joseph Parker

MARCH

2 MotoGP Season starts (until 16 November)
6-9 Athletics European Indoor Championships
11-14 Horse racing Cheltenham Festival
16 Football EFL Cup final
16 Formula One Season starts (until 7 December)
21-23 Athletics World Indoor Championships
22 Rugby union Women's Six Nations (until 26 April)

England's Ben Stokes

APRIL

5 Horse racing Grand National
10-13 Golf The Masters
13 Rowing Boat Races
19 Snooker World Championship (until 5 May)
27 Athletics London Marathon

MAY

10 Cycling Giro d'Italia (until 1 June)
15-18 Golf PGA Championship
17 Football FA Cup final
18 Football Women's FA Cup final
24 Football Scottish Cup final
24 Rugby union European Champions Cup final
25 Tennis French Open (until 8 June)
29 Cricket England v West Indies: Men's ODIs & T20s (until 10 June)
31 Football Champions League final

JUNE

7 Horse racing The Derby
7 Rugby league Challenge Cup finals
12-15 Golf US Open
14 Rugby union Premiership final
15 Football Club World Cup (until 13 July)
17-21 Horse racing Royal Ascot
20 Cricket England v India: Men's Test series (until 4 August)

Keely Hodgkinson

30 Tennis Wimbledon (until 13 July)

JULY

2-27 Football Women's Euro 2025
5-27 Cycling Tour de France
6 Formula One British Grand Prix
11 Aquatics World Championships (until 3 August)
17-20 Golf The Open Championship
19 Rugby union Australia v British & Irish Lions: Test series (until 2 August)
19 Athletics Diamond League: London
30 Golf Women's Open Championship (until 3 August)

NFL superstar Patrick Mahomes

AUGUST

22 Rugby union Women's World Cup (until 27 September)
25 Tennis US Open (until 7 September)

SEPTEMBER

2-14 Cricket England v South Africa: Men's ODIs & T20s
13-21 Athletics World Championships

WORDS: RICHARD MCCLURE. PHOTOS: GETTY, SHUTTERSTOCK

THE MAIN EVENT

July's Tour de France

26-28 Golf Ryder Cup
TBA Cricket Women's World Cup

OCTOBER
18 Horse racing British Champions Day
19-25 Gymnastics World Championships
22-26 Cycling Track World Championships

NOVEMBER
1-8 Tennis WTA Finals
9-16 Tennis ATP Finals
18-23 Tennis Davis Cup finals
21 Cricket Men's Ashes (until 8 January 2026)
29 Snooker UK Championship (until 7 December)

DECEMBER
21 Football Africa Cup of Nations (until 18 Jan 2026)
TBA Darts World Championship

Everton veteran Ashley Young

LIVE FOOTBALL

FA Cup Third Round

Thursday & Friday, BBC1 (Wales only), BBC iPlayer & ITV1

The live Third Round action begins on Thursday as Sheffield United host Cardiff City (kick-off 7pm, BBC1 in Wales & BBC iPlayer) and Everton entertain League One's Peterborough United (7.45pm, BBC iPlayer) in a fixture that could see the Toffees' 39-year-old defender Ashley Young come up against his 18-year-old son Tyler. On Friday, it's an all-Premier League clash between Aston Villa and West Ham United at Villa Park (8pm, ITV1). The Hammers faced Unai Emery's side at the London Stadium on the opening day of the season, losing 2-1 to goals from Jhon Durán and Amadou Onana.

Teenager Tyler Young

The EFL Cup trophy

LIVE FOOTBALL

EFL Cup semi-finals

Tuesday & Wednesday, ITV1, Sky Sports Football & Sky Sports Main Event

The remaining four teams are just two games away from Wembley as the semi-final first legs take place this week. The quarter-finals had yet to be played as we went to press, but both this week's matches are guaranteed to be all-Premier League affairs. Will holders Liverpool remain on course for a record-extending 11th win in the competition?

Novak Djokovic

LIVE TENNIS

Brisbane International

Sun 29 Dec-Sun, Sky Sports Tennis & Sky Sports+

The world's top tennis players are Down Under warming up for next week's Australian Open. The Brisbane International concludes over the weekend as Novak Djokovic aims to join Jimmy Connors and Roger Federer as only the third man in the Open era to win 100 career titles, while Britain's Emma Raducanu is hoping to start the new year in style at the Auckland Classic (Mon 30 Dec-Sat 11 Jan, Sky Sports). From Monday, the live action switches to the Adelaide International (Sky Sports), where Britain's Jack Draper finished runner-up to Jiří Lehecka of the Czech Republic last time out.

Tommy Fleetwood

LIVE GOLF

Team Cup

Friday, Sky Sports Main Event & Sky Sports Golf

The biennial matchplay tournament, which sees a team from Great Britain & Ireland take on players from Continental Europe, returns for a second edition when the Abu Dhabi Golf Resort hosts the three-day Ryder Cup-style competition. Captain Justin Rose's side includes Tommy Fleetwood, while holders Europe are skippered by Italy's Francesco Molinari.

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- Journey on the steam-hauled Strathspey Railway through unspoilt Highland scenery and alongside the River Spey
- Visit the famous Highland resort of Aviemore
- Cross the Glenfinnan Viaduct, as seen in the Harry Potter films, on a train ride from Fort William to Mallaig
- Travel past island-studded Loch Eilt
- Explore Mallaig, a charming fishing village at the very end of the West Highland Line
- View the magnificent Eilean Donan Castle
- Enjoy a photo stop at the legendary Loch Ness
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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Buffalo Bulls v Liberty Flames
Sat 4pm Sky Sports NFL
The NCAA Bahamas Bowl at Thomas Robinson Stadium.

LIVE NFL
Sat 8.30pm & 12.45am Sky Sports Main Event & Sky Sports NFL

LIVE NFL
Sun 5.30pm, 9pm & 1.10am Sky Sports NFL, 7.30pm, 9pm & 1.10am Sky Sports Main Event

LIVE NCAA Orange Bowl
Thu 12.30am Sky Sports NFL
The college match at Hard Rock Stadium in Florida.

LIVE NCAA Cotton Bowl
Fri 12.30am Sky Sports NFL
Coverage of the college match at AT&T Stadium in Arlington, Texas.

BASKETBALL

LIVE Cincinnati Bearcats v Arizona Wildcats
Sat 7.30pm Sky Sports Mix
The NCAA college match at Fifth Third Arena in Ohio.

LIVE LSU Tigers v Vanderbilt Commodores
Sat 9.30pm Sky Sports Mix
The NCAA college fixture staged at Pete Maravich Assembly Centre.

LIVE Brooklyn Nets v Philadelphia 76ers
Sat 11pm TNT Sports 2
The NBA Eastern Conference match staged at Barclays Centre.

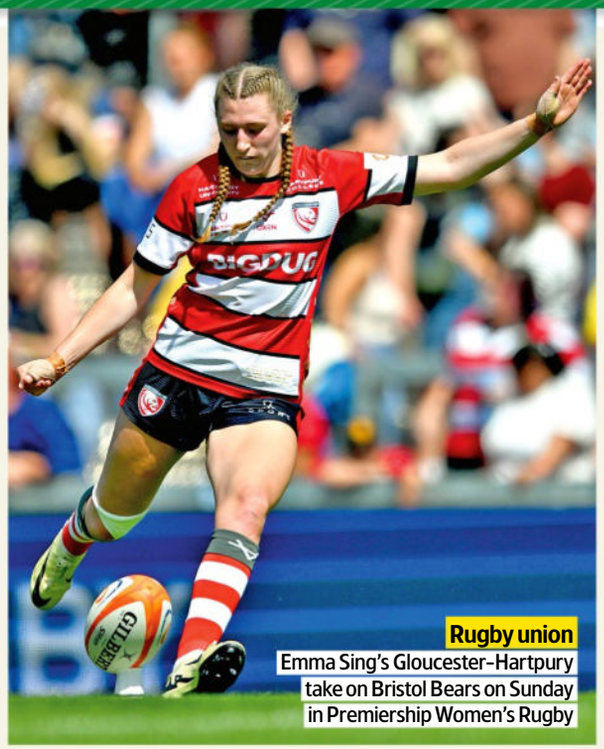
LIVE Golden State Warriors v Memphis Grizzlies
Sat 1.30am TNT Sports 2
The NBA Western Conference fixture from Chase Centre.

LIVE Oklahoma City Thunder v Boston Celtics
Sun 8.30pm TNT Sports 2
Coverage of the NBA inter-conference game at Paycom Centre.

LIVE Wichita State Shockers v South Florida Bulls
Mon 12m't Sky Sports Mix
The NCAA college match in Wichita.

LIVE Philadelphia 76ers v Phoenix Suns
Mon 12m't TNT Sports 3
The NBA inter-conference match staged at Wells Fargo Centre.

LIVE Dallas Mavericks v Los Angeles Lakers
Tue 12.30am TNT Sports 1
NBA Western Conference match at American Airlines Centre.



Rugby union
Emma Sing's Gloucester-Hartpury take on Bristol Bears on Sunday in Premiership Women's Rugby

LIVE Denver Nuggets v Boston Celtics
Tue 3am TNT Sports 1
Coverage of the NBA inter-conference match from Ball Arena.

LIVE Cleveland Cavaliers v Oklahoma City Thunder
Wed 12m't TNT Sports 1
The NBA inter-conference game.

LIVE Milwaukee Bucks v San Antonio Spurs
Wed 2.30am TNT Sports 1
Coverage of the NBA inter-conference fixture at Fiserv Forum.

LIVE Orlando Magic v Minnesota Timberwolves
Thu 12m't TNT Sports 1
Coverage of the NBA inter-conference match from Kia Centre.

LIVE New York Knicks v Oklahoma City Thunder
Fri 12.30am TNT Sports 1
The NBA inter-conference match staged at Madison Square Garden.

COMBAT SPORTS

LIVE One Championship
Fri 1am Sky Sports Mix
ONE Fight Night 27 in Bangkok.

CRICKET

LIVE South Africa v Pakistan
Sat-Tue 8am Sky Sports Cricket; Mon & Tue 8am Sky Sports Main Event
Days two to five in the second Test at Six Sun Grill Newlands.

LIVE Melbourne Stars v Melbourne Renegades
Sat 8.10am Sky Sports Mix
The Big Bash League match.

LIVE New Zealand v Sri Lanka
Sat 9.30pm TNT Sports 3
Coverage of the first ODI at Cello Basin Reserve, Wellington.

LIVE Australia v India
Sat-Mon 11.30pm TNT Sports 1
Days three to five of the fifth and final Test in the series from Sydney Cricket Ground.

LIVE Hobart Hurricanes v Adelaide Strikers
Sun 8.10am Sky Sports Mix
The Big Bash League match.

LIVE Central Hinds v Northern Brave
Sun 11.30pm TNT Sports 2
Coverage of the women's T20 Super Smash game at Saxton Oval.

LIVE Central Stags v Northern Brave
Sun 3.15am TNT Sports 2
The men's T20 Super Smash match from Saxton Oval.

LIVE Brisbane Heat v Sydney Thunder
Mon 8.10am Sky Sports Mix
The Big Bash League fixture.

LIVE Canterbury Kings v Otago Volts
Mon 1am TNT Sports 2
Coverage of the men's T20 Super Smash game from Hagley Oval.

LIVE Canterbury Magicians v Otago Sparks
Mon 5.15am TNT Sports 2
The women's T20 Super Smash match at Hagley Oval, Christchurch.

LIVE Perth Scorchers v Melbourne Renegades
Tue 8.10am Sky Sports Mix
The Big Bash League fixture.

LIVE New Zealand v Sri Lanka
Tue 9.30pm TNT Sports 2
Coverage of the second ODI from Seddon Park in Hamilton.

LIVE Sydney Thunder v Hobart Hurricanes
Wed 8.10am Sky Sports Cricket
The Big Bash League match.

LIVE Wellington Blaze v Central Hinds
Wed 11.30pm TNT Sports 2
Women's T20 Super Smash match.

LIVE Wellington Firebirds v Central Stags
Wed 3.15am TNT Sports 2
The men's T20 Super Smash fixture.

LIVE Melbourne Stars v Sydney Sixers
Thu 8.10am Sky Sports Cricket
The Big Bash League game.

LIVE Sunrisers Eastern Cape v MI Cape Town
Thu 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event
Coverage of the SA20 match.

LIVE Canterbury Magicians v Auckland Hearts
Thu 1am TNT Sports 2
Women's T20 Super Smash game.

LIVE Canterbury Kings v Auckland Aces
Thu 4.45am TNT Sports 2
The men's T20 Super Smash game.

LIVE India v Ireland
Fri 5.30am TNT Sports 1
Coverage of the first ODI staged at Niranjan Shah Stadium, Rajkot.

LIVE Hobart Hurricanes v Sydney Thunder
Fri 8.10am Sky Sports Cricket
The Big Bash League match.

LIVE Durban's Super Giants v Pretoria Capitals
Fri 3pm Sky Sports Main Event & Sky Sports Cricket
Coverage of the SA20 fixture.

LIVE New Zealand v Sri Lanka
Fri 9.30pm TNT Sports 2
Coverage of the third and final ODI in the series at Eden Park, Auckland.

LIVE Sydney Sixers v Perth Scorchers
Fri 5.40am Sky Sports Cricket
The Big Bash League match.

CYCLING

LIVE Cyclo-Cross
Sat 12.35pm Euro2
The women's race from Gullegem.

LIVE Cyclo-Cross
Sat 2.05pm Euro2
The men's race from Gullegem.

LIVE Cyclo-Cross
Sun 12.30pm Euro2
The women's race in Dendermonde.

LIVE Cyclo-Cross
Sun 2pm Euro2
The men's race from Dendermonde.

GOLF

LIVE Sentry Tournament of Champions
Sat & Sun 6pm Sky Sports Golf & Sky Sports+
Days three and four at the Plantation Course at Kapalua in Hawaii.

LIVE Sony Open in Hawaii
Thu & Fri 5pm Sky Sports Golf; Thu 5pm Sky Sports+; Thu 10.30pm & Fri 9.30pm Sky Sports Main Event
Coverage of days one and two at the Waialae CC in Honolulu, Hawaii.

LIVE Team Cup
Fri 7am Sky Sports Main Event & Sky Sports Golf
Day one from Abu Dhabi Golf Resort in United Arab Emirates as Justin Rose's Great Britain & Ireland take on the Continental Europe team. See page 29.

LIVE Team Cup
Fri 3.30am Sky Sports Main Event & Sky Sports Golf
Coverage of the second day from Abu Dhabi Golf Resort in United Arab Emirates.

HORSE RACING

LIVE Sandown
Sat 1.30pm ITV1

ICE HOCKEY

LIVE San Jose Sharks v New Jersey Devils
Sat 9pm Premier Sports 2

LIVE Columbus Blue Jackets v St Louis Blues
Sat 12m't Premier Sports 2

LIVE Seattle Kraken v Edmonton Oilers
Sat 3am Premier Sports 1

LIVE Chicago Blackhawks v New York Rangers
Sun 8pm Premier Sports 2

LIVE Carolina Hurricanes v Pittsburgh Penguins
Sun 11pm Premier Sports 2

LIVE Buffalo Sabres v Washington Capitals
Mon 12m't Premier Sports 2

LIVE Colorado Avalanche v Florida Panthers
Mon 2am Premier Sports 1

LIVE New York Rangers v Dallas Stars
Tue 12m't Premier Sports 2

LIVE Winnipeg Jets v Nashville Predators
Tue 1am Premier Sports 1

LIVE Washington Capitals v Vancouver Canucks
Wed 12.30am Premier Sports 2

LIVE Los Angeles Kings v Calgary Flames
Wed 3.30am Premier Sports 1

LIVE Tampa Bay Lightning v Boston Bruins
Thu 12m't Premier Sports 2

LIVE Utah Hockey Club v San Jose Sharks
Thu 2am Premier Sports 1

LIVE Vegas Golden Knights v New York Islanders
Thu 3am Premier Sports 2

LIVE Carolina Hurricanes v Vancouver Canucks
Fri 12m't Premier Sports 2

LIVE Vegas Golden Knights v New York Rangers
Fri 3am Premier Sports 1

MOTORSPORT

LIVE FIA Formula E
Fri 10pm TNT Sports 1

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY UNION

LIVE Toulon v Racing 92
Sat 1.25pm Premier Sports 1

LIVE Leicester Tigers v Exeter Chiefs
Sat 3pm TNT Sports 1 (kick-off 3.05pm)
Premiership match at Welford Road.

LIVE Top 14
Sat 3.25pm & 8pm Premier Sports 1

LIVE Pontypool RFC v Carmarthen Quins
Sat 5pm S4C (kick-off 5.15pm)

LIVE Saracens v Bristol Bears
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm) The Premiership match from StoneX Stadium.

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LIVE Bristol Bears v Gloucester-Hartpury RFC
Sun 12.30pm TNT Sports 1 (kick-off 12.45pm)
The Premiership Women's Rugby fixture from Ashton Gate.

LIVE Northampton Saints v Bath
Sun 2.45pm TNT Sports 1 (kick-off 3pm)
Premiership clash staged at cinch Stadium at Franklin's Gardens.

LIVE Top 14
Sun 8pm Premier Sports 1

LIVE Glasgow Warriors v Racing 92
Fri 7pm Premier Sports 2 (kick-off 8pm)
Champions Cup Pool 4 match.

LIVE Hawick RFC v Currie Chieftains RFC
Fri 7.30pm BBC Alba

LIVE Gloucester v Scarlets
Fri 7.30pm Premier Sports 1 (kick-off 8pm)
Challenge Cup Pool 3 game.

SKIING

LIVE Alpine Skiing
Sat 8.15am & 11am Euro1
Coverage from Kranjska Gora.

LIVE Cross-Country Skiing
Sat 10am & 2.30pm Euro1
Coverage from Val di Fiemme.

LIVE Freestyle Skiing
Sat 3.30pm Euro1
Coverage of the men's and women's big air events in Klagenfut, Austria.

LIVE Alpine Skiing
Sun 8.45am & 11.45am Euro1
Coverage of the women's slalom from Kranjska Gora in Slovenia.

LIVE Cross-Country Skiing
Sun 1pm Euro1
Freestyle races from Val di Fiemme.

LIVE Alpine Skiing
Wed 4.30pm & 7.30pm Euro1
The men's slalom from Italy.

LIVE Biathlon
Thu 1.05pm Euro1
Women's 7.5km sprint in Oberhof.

LIVE Ski Mountaineering
Fri 12noon Euro1
The sprint event from Shahdag.

LIVE Biathlon
Fri 1.05pm Euro1
The men's 10km sprint in Oberhof.

LIVE Freestyle Skiing
Fri 4.50pm Euro1
Big air competitions in Kreischberg.

TENNIS

LIVE WTA/ATP Tours
Sat 6am, Sun 6.30am & 1am, Mon 12m't, Tue 1am, Wed 2am, Thu 1.30am Sky Sports+; Sat 6am, Sun 6.30am & 10.30pm, Mon-Wed 10.30pm, Thu 12m't Sky Sports Tennis
Featuring the Brisbane International, Auckland Classic and Adelaide International events. See page 29.

WINTER SPORTS

LIVE Ski Jumping
Sat 12.30pm Euro1
Coverage from Innsbruck, Austria.

LIVE Ski Jumping
Sun 10.15am & Mon 1.10pm Euro1
Coverage from Villach in Austria.

LIVE Ski Jumping
Sun 3.15pm & Mon 3pm Euro1
Coverage from Bischofshofen.

Football planner

Saturday 4

LIVE Central Coast Mariners v Adelaide United
6am TNT Sports 4 (kick-off 6am)
The A-League Women game.

LIVE Newcastle Jets v Sydney FC
6am TNT Sports 2 (kick-off 6am)
Action from the A-League.

LIVE Brisbane Roar v Canberra United
7am TNT Sports 3 (kick-off 7am)
The A-League Women match.

LIVE Melbourne Victory v Western Sydney Wanderers
8.30am TNT Sports 2 (kick-off 8.35am)
Coverage of the A-League fixture.

LIVE Blackburn Rovers v Burnley
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship match staged at Ewood Park.

LIVE Tottenham Hotspur v Newcastle United
11am TNT Sports 1 (kick-off 12.30pm)
The Premier League match staged at Tottenham Hotspur Stadium. The visitors have won four out of the sides' last five matches.

LIVE Swansea City v West Bromwich Albion
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship match at Swansea.com Stadium.

LIVE Brighton & Hove Albion v Arsenal
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League match staged at AMEX Stadium. Brighton held the Gunners to a 1-1 draw at Emirates Stadium in August, with Arsenal taking the lead through Kai Havertz in the first half, before João Pedro equalised for the Seagulls on the hour mark.

LIVE Fiorentina v Napoli
5.15pm TNT Sports 2
The Serie A match from Stadio Artemio Franchi.

Sunday 5

LIVE Sydney FC v Melbourne City
6am TNT Sports 2 (kick-off 6am)
The A-League Women's fixture.

LIVE Hibernian v Rangers
11am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The Scottish Premiership match held at Easter Road.

LIVE Fulham v Ipswich Town
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)
The Premier League game staged at Craven Cottage.

LIVE Motherwell v Aberdeen
2pm Premier Sports 1 (kick-off 2.30pm)
Coverage of the Scottish Premiership match at Fir Park.

LIVE PREMIER LEAGUE

Fulham v Ipswich Town

Sunday, kick-off 2pm, Sky Sports Main Event & Sky Sports Premier League

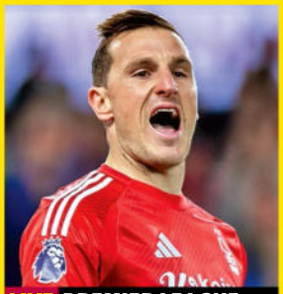
Ipswich are struggling to turn good performances into victories and are without a win against Fulham in eight games. The Cottagers' Alex Iwobi has repaid Marco Silva's faith in his ability with goals and assists.

LIVE PREMIER LEAGUE

Liverpool v Manchester United

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

United made their worst start to a season after 15 league games since 1986, while Liverpool claimed a comfortable 3-0 at Old Trafford in September with goals from Luis Díaz and Mohamed Salah.



LIVE PREMIER LEAGUE

Wolves v Nottingham Forest

Monday, kick-off 8pm, Sky Sports Main Event & Sky Sports Premier League

It's 30 years since Nottingham Forest last qualified for Europe, but Nuno Espirito Santo's side look a good bet to finish in the top places. In December, Chris Wood became the club's leading Premier League scorer.

LIVE Sunderland v Portsmouth
2.50pm Sky Sports+ (kick-off 3pm)
The Championship match at the Stadium of Light.

LIVE Liverpool v Manchester United
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
Coverage of the Premier League match staged at Anfield. Title challengers Liverpool have not lost to United in front of their own fans since 2016, when Wayne Rooney scored the only goal of the game. The visitors have only won two of the sides' last nine fixtures with one of those wins coming last season in the FA Cup.

LIVE AS Roma v Lazio
7.30pm TNT Sports 1 (kick-off 7.45pm)
Coverage of the Serie A match staged at Stadio Olimpico.

Monday 6

LIVE Macarthur FC v Adelaide United
8am TNT Sports 1 (kick-off 8am)

LIVE Wolverhampton Wanderers v Nottingham Forest
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
Coverage of the Premier League match staged at Molineux. The last five meetings between these teams in all competitions have ended level, including a 1-1 draw at the City Ground back in August.

LIVE Queens Park Rangers v Luton Town
7.30pm Sky Sports Football (kick-off 8pm)
The Championship match from MATRADE Loftus Road Stadium.

Tuesday 7

LIVE Melbourne City v Western United
7am TNT Sports 3 (kick-off 7am)

LIVE Brisbane Roar v Newcastle Jets
9am TNT Sports 1 (kick-off 9am)

LIVE EFL Cup
7pm Sky Sports Main Event & Sky Sports Football, 7.30pm ITV1
A semi-final first-leg clash, as the teams continue their bid to lift the trophy. Championship side Middlesbrough claimed a shock 1-0 win at home to Chelsea in the corresponding match of last season. However, it was the Blues who went on to reach the final, where they were beaten by Liverpool after extra time. See p29.

LIVE Wycombe Wanderers v Huddersfield Town
7.35pm Sky Sports+ (kick-off 7.45pm)
Coverage of the League One match staged at Adams Park.

Wednesday 8

LIVE Sydney FC v Perth Glory
8am TNT Sports 1 (kick-off 8am)
Coverage of the A-League match from Allianz Stadium in Sydney.

LIVE Brisbane Roar v Melbourne Victory
8am TNT Sports 2 (kick-off 8am)
The A-League Women game.

LIVE Newcastle Jets v Adelaide United
8am TNT Sports 3 (kick-off 8am)
Action from A-League Women.

LIVE EFL Cup
7pm Sky Sports Main Event & Sky Sports Football
Coverage of a semi-final first leg, as the teams continue their bid to lift the trophy won by Liverpool last season. The Reds came back from 1-0 down to prevail 2-1 against Fulham at this stage last term.

Thursday 9

LIVE Western Sydney Wanderers v Wellington Phoenix
8am TNT Sports 1 (kick-off 8am)
An A-League Women fixture.

LIVE Sheffield United v Cardiff City
6.45pm BBC1 (Wales only) & BBC iPlayer (kick-off 7pm)
The FA Cup third-round match from Bramall Lane. Cardiff have been eliminated at this stage in the last two seasons, losing to Sheffield Wednesday last term and Leeds United in 2022/23. See page 29.

LIVE Dundee v Rangers
7.15pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Scottish Premiership match staged at Scot Foam Stadium.

LIVE Everton v Peterborough United
7.35pm BBC iPlayer (kick-off 7.45pm)
The FA Cup third-round match staged at Goodison Park.

Friday 10

LIVE Melbourne Victory v Western United
8.30am TNT Sports 2 (kick-off 8.35am)
A-League encounter.

LIVE Perth Glory v Sydney FC
11am TNT Sports 2 (kick-off 11am)
The A-League Women game.

LIVE Borussia Dortmund v Bayer Leverkusen
7.20pm Sky Sports Football & Sky Sports+, 7.30pm Sky Sports Main Event (kick-off 7.30pm)
Coverage of the Bundesliga match staged at Signal Iduna Park. Leverkusen won the title unbeaten last season, but they were held to 1-1 draws by Dortmund in both meetings between the sides.

LIVE Aston Villa v West Ham United
7.30pm ITV1 (kick-off 8pm)
Mark Pougatch presents all the action from the FA Cup third-round fixture at Villa Park. Both teams have gone a long time without lifting this trophy, with West Ham's last triumph coming in 1980 and the Villans' all the way back in 1957. However, the hosts in particular will have high hopes of going far in this competition, having made great strides in recent years, and they prevailed 2-1 when the teams met at London Stadium in the Premier League earlier this season. With analysis from Roy Keane and Ian Wright, and commentary by Sam Matterface and Lee Dixon.

LIVE Scottish Championship
7.30pm BBC Scotland

LIVE Wellington Phoenix v Adelaide United
4am TNT Sports 1 (kick-off 4am)
Coverage of the A-League match from Sky Stadium in Wellington.

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Saturday

4 January

Evening Planner

Football

Premier League
TNT Sports 1, Sky Sports Main Event & Sky Sports Premier League
Tottenham v Newcastle (k-o 12.30pm) and Brighton v Arsenal (k-o 5.30pm).

Entertainment

The Masked Singer
ITV1, 7pm
Maya Jama joins Mo Gilligan, Davina McCall, Jonathan Ross and host Joel Dommett, as the singing contest returns.

Documentary

Dart Kings
Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)
How the sport of darts evolved, featuring players including Bobby George (above).

Drama

North Shore
ITV1, 9.30pm (box set, ITVX)
Australian and UK cops join forces when the daughter of a British politician is murdered. Stars Joanne Froggatt.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 6.10 Film: Shrek the...	7.35 The Weakest Link...	8.20 Pointless Celebrities		9.10 Casualty		10.00 News	10.20 Match of the Day
102 BBC2	◂ 6.25 Film: The Guernsey Literary and Potato Peel Pie...		8.20 Elvis Presley: '68 Comeback Special			9.35 Film: Jailhouse Rock		
103 ITV1	7.00 The Masked Singer			8.30 Ant & Dec's Limitless Win		9.30 North Shore	10.20 News	10.35 The Life...
104 CHANNEL 4	◂ 6.40 2024: The Year from Space		8.10 Britain's Extreme Weather 2024		9.10 Film: Nobody			
105 CHANNEL 5	◂ 5.15 Film: Sherlock...	7.40 The Big Snow of '82			9.10 Prince George: A King for the Future		10.10 Funniest Royal Cock-Ups	
106 SKY SHOWCASE	7.00 Sport's Funniest Moments		8.00 Rob & Romesh vs Darts		9.00 Dart Kings		10.00 Film: Retribution	
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Film: 1917			
116 BBC4	7.00 Film: The Sound of Music					9.45 Film: The Man Who Would Be King		
118 ITV2	◂ 6.10 Film: Marley & Me			8.30 Film: Godzilla: King of the Monsters				
136 MORE4	7.00 Film: The Italian Job				9.00 24 Hours in A&E			
135 E4	7.00 The Big Bang Theory				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare				9.00 Caught on Dashcam		10.00 Blue Bloods	
108 SKY ATLANTIC	◂ 6.20 Dune: Prophecy				9.00 Sweetpea			
110 U&GOLD	◂ 6.20 Only Fools and Horses				9.00 Bottom: Exposed			
111 U&DAVE	◂ 6.40 Mortimer & Whitehouse: Gone...		8.00 Special Ops: Crime Squad UK		9.00 Not Going Out			
119 ITV3	7.00 Midsomer Murders							
120 ITV4	◂ 6.40 Sharpe				9.00 English Football League Highlights			10.30 Film: Red Heat
112 COMEDY CENTRAL	7.00 Friends			8.30 Film: Little Nicky			10.00 Film: Boogie Nights	
139 SKY SCI-FI	7.00 The Ark				9.00 Film: Ape Vs Mecha Ape			
113 SKY MAX	7.00 Sport's Funniest Moments		8.00 Rob & Romesh vs Darts		9.00 Strike Back: Vengeance		10.00 Based on a True Story	
109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Death in Paradise	
130 SKY ARTS	7.00 Classic Albums		8.00 The Highwaymen Live: American Outlaws					10.30 Electric Lady...
132 U&W	7.00 Outnumbered				9.00 Gavin & Stacey			
DOCUMENTARY								
125 DISCOVERY	7.00 Jade Fever		8.00 The Last Woodsmen		9.00 Sin City Tow		10.00 Mystery at Blind Frog Ranch	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters		9.00 Rugged Justice		10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Nazi Death Camp: The Great Escape		8.00 Apocalypse: Hitler Takes On The East				10.00 Disaster Autopsy	
123 SKY HISTORY	7.00 Great Escapes with Morgan Freeman				9.00 Secrets of the Hells Angels			
155 U&YESTERDAY	7.00 Train Truckers		8.00 The Lakes with Simon Reeve				10.00 'Allo 'Allo!	
121 SKY DOCS	7.00 Game of Throws: Inside Darts				9.00 Dart Kings		10.00 Hatton	
FILMS – Sky Cinema								
301 PREMIERE	◂ 6.15 A Quiet Place: Day One		8.00 The Fall Guy					10.10 The Convert
302 BEST OF 2024	◂ 6.10 Asteroid City		8.00 Meg 2: The Trench				10.00 Blue Beetle	
303 HITS	◂ 6.00 The Bourne Supremacy		8.00 Johnny English			9.45 Johnny English Reborn		
304 GREATS	◂ 5.45 The Bourne Legacy		8.00 The Bourne Supremacy				9.50 The Bourne Ultimatum	
305 ANIMATION	◂ 6.25 Ruby Gillman, Teenage Kraken		8.05 The Pirates! In an Adventure with Scientists			9.40 The Super Mario Bros Movie		
306 FAMILY	◂ 5.50 Addams...	7.30 The Smurfs			9.20 The Smurfs 2			
307 STUNTS	◂ 6.00 Top Gun		8.00 Fast X					10.25 Meg 2: The Trench
308 COMEDY	◂ 5.55 Parenthood		8.00 The Hangover Part II				9.55 Snack Shack	
309 THRILLER	◂ 5.25 The Da Vinci Code		8.00 Angels & Demons					10.20 American Gigolo
310 DRAMA	◂ 5.30 A Star Is Born		8.00 Schindler's List					
311 SCI-FI	◂ 6.10 The Pope's Exorcist		8.00 Jaws					10.15 The Exorcist: Believer
313 FILM4	◂ 6.55 Central Intelligence				9.00 Cowboys & Aliens			
SPORT								
401 MAIN EVENT	◂ 5.00 SNF – Live: Brighton & Hove Albion v Arsenal (Kick-off 5.30)			8.30 NFL – Live: Coverage of a week 18 match				
402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Brighton & Hove Albion v Arsenal (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
403 FOOTBALL	7.00 EFL Cup...	7.30 EFL				9.45 SPFL Highlights		10.30 EFL Highlights
404 CRICKET	7.00 Test Cricket		8.00 Big Bash League		9.00 Test Cricket		10.00 Big Bash League	
410 TNT SPORTS 1	◂ 5.15 Rugby Union – Live	7.45 Gallagher Premiership Rugby Union		8.45 Lomu: The Lost Tapes				10.30 Test Cricket...
411 TNT SPORTS 2	7.00 Test Cricket Highlights		8.00 ABB FIA Formula E World...		9.00 Vendee Globe...	9.30 UEFA...	10.00 NBA Action	10.30 NBA on Fire

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With comedian Sara Pascoe. (S)
11.30 **Rick Stein's Cornwall** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** From Southwell, Nottinghamshire. (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** Alistair Appleton is on a property-hunting mission in the Cotswolds. (S)(R)
4.00 **The Bidding Room** Items brought in by the public include a retro game and a Raleigh bike. (S)(R)
4.30 **Final Score** Results round-up. (S)
5.20 **Garden Rescue** Charlie Dimmock and Lee Burkhill attempt to bring a touch of Thailand to a plain Aylesbury garden. (S)(R)(AD)
5.50 **BBC News** (S)

6.10 Shrek the Third

6 PM

6.00 **Local News** (S)
6.10 FILM **Shrek the Third** Animated comedy adventure featuring the voices of Mike Myers, Eddie Murphy and Cameron Diaz. Grumpy green ogre Shrek is daunted by the prospect of becoming king. (S) (AD) (2007, U, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM

7.35 **The Weakest Link: Gladiators Special** New edition 6/14. Bionic, Sabre, Giant, Diamond, Fire and Athena, plus referee Mark Clattenburg and commentator Guy Mowbray take part. (S)

8 PM

8.20 **Pointless Celebrities** New edition With Ugo Monye, Sarah Hunter, Beth Tweddle, Vanessa Bauer, Will Bayley, Anita Asante, Ellie Robinson and Jack Laugher. (S)

9 PM

9.10 **Casualty** *On Trial:* Dylan and Jodie come to terms with the death of a patient they were unable to save, and Nicole returns to work from maternity leave. (S)(AD)

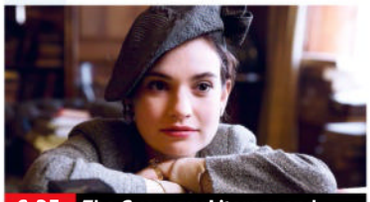
10 PM

10.00 **BBC News** (S)
10.20 **Match of the Day** Gary Lineker presents the latest Premier League action, including Manchester City v West Ham United and Brighton & Hove Albion v Arsenal. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.40 FILM **The Courier** Fact-based spy drama starring Benedict Cumberbatch. A salesman is recruited to infiltrate Cold War Moscow, from where he carries Russian intelligence to the CIA and MI6. (S) (2020, 12, 105min) ★★★
1.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.40 AM **Children's Programmes**
9.10 **Around the World in 80 Gardens** Monty Don takes his horticultural tour to the Mediterranean. (S)(R)
10.10 **This Wild Life** (S)(R)
10.40 FILM **The Tommy Steele Story** Musical biopic with Tommy Steele. (S) (1957, b/w, U, 80min) ★★★
12.00 NOON **Simply Nigella** (S)(R)(AD)
12.30 PM **The A to Z of TV Cooking** Clips from the BBC archive. (S)(R)
1.10 FILM **GI Blues** Musical comedy with Elvis Presley and Juliet Prowse. (S) (1960, PG, 100min) ★★★
2.50 FILM **Blue Hawaii** Musical starring Elvis Presley and Joan Blackman. (S) (1961, PG, 100min) ★★
4.30 **Flog It!** From Hereford. (S)(R)
5.25 **Hidden Treasures of the National Trust** 1/6. A gallery made of seashells needs shoring up. (S)(R)



6.25 The Guernsey Literary and...

6.25 FILM **The Guernsey Literary and Potato Peel Pie Society** Drama starring Lily James, Tom Courtenay and Katherine Parkinson. An author of detective fiction makes some life-changing friends at a famous literary society. (S) (2018, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.20 **Elvis Presley: '68 Comeback Special** The singer's classic TV special from 1968, featuring *Hound Dog, All Shook Up, Heartbreak Hotel, That's All Right, Jailhouse Rock, Are You Lonesome Tonight?, Blue Suede Shoes* and *Love Me Tender*. (S)(R)
9.35 FILM **Jailhouse Rock** Vintage musical starring Elvis Presley. A young convict learns to play the guitar and soon begins to rock the prison walls. With Judy Tyler and Mickey Shaughnessy. (S) (1957, b/w, U, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **Tales of Rock 'n' Roll: Heartbreak Hotel** The story of Elvis Presley's first million-selling release. (S)(R)
11.45 **... Sings Elvis** Compilation of archive performances of Elvis Presley hits by artists including Cliff Richard, Paul McCartney, Mac Davis and Tom Jones. (S)(R)
12.45 AM FILM **Let It Snow** Ukrainian horror starring Ivanna Sakhno. Subtitled. (2020, 15, 80min) ★★
2.05 **to 6.40** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Inside Britain's Food Factories**
6.30 **Fletchers' Family Farm at Christmas** (S)(R)(AD)
7.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 NEW SERIES **James Martin's Saturday Morning** (S)
11.40 NEW SERIES **Ainsley's Fantastic Flavours** The Middle East. (S)
12.40 PM **James Martin's French Adventure** Languedoc. (S)(R)(AD)
1.15 **ITV News** (S)
1.30 LIVE **Racing** Coverage from Sandown Park and Wincanton. (S)
4.00 **Tipping Point: Best Ever Finals** (R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** With Julia Goulding, Oz Clarke, Laura Hamilton and Mr Motivator. (S)(R)

8.30 Ant & Dec's Limitless Win

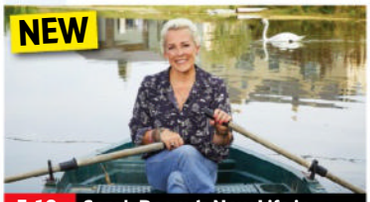
6.00 NEW SERIES **Wheel of Fortune** Graham Norton returns with the game show, with teacher Jess, accountant John, and care home assistant Paris trying to win a £50,000 jackpot. (S)(AD)
7.00 NEW SERIES **The Masked Singer** 1/8. Joel Dommett is back with the singing contest in which the celebrity panel must guess the famous faces performing behind elaborate costumes. (S)(AD)
■ Continues tomorrow
8.30 NEW SERIES **Ant & Dec's Limitless Win** Return of the quiz hosted by the duo, with Joe and sister-in-law Jo the first to take on the Limitless Ladder, followed by Steve and son-in-law Jordan. (S)(AD)
9.30 NEW SERIES **North Shore** 1/6. Australian mystery thriller starring John Bradley and Joanne Froggatt. A British detective helps investigate the murder of the UK trade minister's daughter in Sydney. *See feature, page 7.* (S1) (S)(AD)
■ Entire series on ITVX
10.20 **ITV News** (S)
10.35 **The Life and Death of Lily Savage** Documentary paying tribute to Paul O'Grady, with contributions from his daughter Sharyn and other family and friends, including Ian McKellen and Graham Norton. (S)(R)(AD)
11.55 **English Football League Highlights** Recent action. (S)(R)
1.10 AM **Teleshopping**
3.00 **North Shore** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

5.45 AM **Cheers** 4&5/26. (S8) (S)(R)
6.40 **The King of Queens** (S)(R)(AD)
7.30 **Frasier** (S9) (S)(R)(AD)
9.50 **The Simpsons** (S)(R)(AD)
11.20 FILM **My Spy** Comedy starring Dave Bautista and Chloe Coleman. (S) (2020, 12, 115min) ★★
1.15 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
3.55 **The Great New Year Bake Off 2024/25** Familiar faces from *Bake Offs* past battle it out in a seasonal special of the culinary contest to welcome in 2025. (S)(R)(AD)
5.10 NEW SERIES **Sarah Beeny's New Life in the Country** Sarah and her family decide to build a thatched boathouse on their edge of their pond, taking inspiration from the historic boathouses along the River Thames. (S)(AD)



5.10 Sarah Beeny's New Life in...

6.10 **News** (S)
6.40 **2024: The Year from Space** This documentary reveals how some of the major news events of the year were first seen from space. In 2024 there was a solar eclipse, extreme weather, national elections, solar storms and devastating wildfires. When a cargo ship hit a bridge in Baltimore, the destruction was so extensive it could be seen from hundreds of miles above the Earth. (S)(R)(AD)
8.10 **Britain's Extreme Weather 2024** Using archival footage from on the ground and content from members of the public to tell the stories of the most extreme weather of 2024. (S)(R)(AD)
9.10 FILM **Nobody** Crime drama starring Bob Odenkirk and Connie Nielsen. A quiet and unassuming family man slowly reveals his true character after his house is burgled by two petty thieves. With Yulian Kuznetsov and Becca Mansell. (S)(AD) (2021, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 FILM **Scarface** Brian De Palma's crime thriller about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. Stars Al Pacino and Robert Loggia. (S)(AD) (1983, 18, 185min) ★★★★
2.05 AM FILM **120 BPM** French drama starring Nahuel Perez Biscayart. Subtitled. (2017, 15, 145min) ★★★★
4.30 **to 5.50** AM **2024: The Year from Space** (S)(SL)(R)(AD)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.15 **Entertainment News** (S)
9.25 **Winter Road Rescue** (S)(R)
9.55 **22 Kids & Counting** (S)(R)
12.50 PM **You Are What You Eat** Double bill of editions. (S)(R)
2.50 **FILM Sherlock Holmes** Guy Ritchie's adventure with Robert Downey Jr and Jude Law. (S) (2009, 12, 145min) ★★★★
5.15 **FILM Sherlock Holmes: A Game of Shadows** Adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, who is behind a wave of bombings and assassinations across Europe. With Jared Harris. (S) (2011, 12, 140min) ★★★

5.15 Sherlock Holmes: A Game...

FILM Sherlock Holmes: A Game of Shadows (film started at 5.15pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.35 **News** (S)
7.40 **The Big Snow of '82** News archive, home movies and interviews with celebrities are combined to look back at the extreme weather that hit Britain in December and January more than 40 years ago. (S)(R)
9.10 **Prince George: A King for the Future** A look at the upbringing of the Prince and Princess of Wales' eldest child, revealing how he is being raised, his education and the royal rituals he must learn. (S)(R)
10.10 **Funniest Royal Cock-Ups** Gyles Brandreth narrates a selection of mishaps involving members of the Royal Family, including Prince Harry falling off his horse during a polo match. (S)(R)
12.05 AM **Million Pound Motorhomes** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Strongest Man** (S)(R)
3.50 **Britain's Greatest Bridges** The construction of the Forth Rail Bridge. (S)(SL)(R)(AD)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Boosnoo! Mashups** (S)(R)
6.30 **LEGO Friends** (S)(R)
6.55 **Trolls: Trollstopia** (S)(R)(AD)
7.45 **Ultimate Magic Skills** (S)(R)
8.05 **Beasts of the Big Blue** Triple bill of editions. (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
1.00 PM **Rust Valley Restorers** A rare 1971 International Scout II is restored. (S)(R)
2.00 **Dictators' Hideouts** Hitler's network of bunkers in Riese, a remote region of Poland. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.00 **FILM Dr Seuss' The Lorax** Animated adventure based on the children's book by Dr Seuss, featuring the voices of Danny DeVito, Ed Helms and Zac Efron. (2012, U, 86min) ★★★

9.00 Dart Kings

FILM Dr Seuss' The Lorax (films started at 5.00pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.00 **Sport's Funniest Moments** A look back at some of the funniest and most farcical moments from the sporting world, in the company of the likes of James Haskell and Chris Kamara. (S)(R)(AD)
8.00 **Rob & Romesh vs Darts** Rob and Romesh meet professionals including Luke Littler as they prepare to play a match at Alexandra Palace during the PDC World Darts Championship. (R)
9.00 **NEW SERIES Dart Kings** 1/3. A look at the sport during the 1970s, 1980s and 1990s, shining a spotlight on Eric Bristow, Jocky Wilson and Phil Taylor. *See feature, page 21.*
■ Entire series on Box Sets
10.00 **FILM Retribution** Action thriller starring Liam Neeson. While driving his kids to school, a businessman learns that his vehicle is rigged with explosives. With Noma Dumezweni, Lilly Aspell and Jack Champion. (2023, 12, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T **Coldplay: How We Saw the World – Live in Toronto** A 2006 performance at Toronto's Air Canada Centre, featuring *Clocks, Yellow, Speed of Sound, Fix You* and *Talk*. (S)(R)
2.00 AM **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Am Dro! **11.00** Dau Gi Bach (AD) **11.30** Cwpwrdd Epic Chris **12.00noon** Sgwrs Dan y Lloer **12.30pm** Teulu'r Castell **1.30** Codi Pac **2.00** Sain Ffagan (AD) **2.30** Hen Dy Newydd (AD) **3.30** Taith Bywyd (AD) **4.30** Ffasiwn Drefn (AD) **5.00** LIVE Clwb Rygbi **7.20** Newyddion a Chwaraeon **7.30** Noson Lawen New edition **8.30** Am Dro! (AD) **9.30** Priodas Pum Mil **10.30** Hahahansh **11.00pm-12.05am** Marw Gyda Kris New edition

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The locals come out in full force for Suki and Eve's wedding. **7.30** Ravi and Jack come to blows over Denise.
8.00 **Top Gear** Jeremy, Richard and James attempt to improve the ambulance.
9.00 **FILM 1917** Drama starring Dean-Charles Chapman, George MacKay and Daniel Mays. During World War One, two British soldiers attempt to cross enemy lines to deliver a message that could save hundreds of lives. (2019, 15, 119min) ★★★★★
10.50 **Two Pints of Lager and a Packet of Crisps** 5/14. Jonny offers to buy alcohol for teenagers, and Donna seeks out new friends. **11.15** 6/14. The conflicts between the group conspire to ruin Janet and Jonny's hen and stag parties. (S5)
12.15 AM **Peacock**
1.15 **Top Gear**
2.15 **Two Pints of Lager and a Packet of Crisps**
3.40 **to 3.55** AM **Birdsong**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **FILM The Sound of Music** The hit Rodgers and Hammerstein musical about the Von Trapp family and their escape from the Nazis in pre-war Austria, starring Julie Andrews and Christopher Plummer. (1965, U, 174min) ★★★★★
9.45 **FILM The Man Who Would Be King** Director John Huston's adventure based on Rudyard Kipling's tale, starring Sean Connery and Michael Caine as two ex-soldiers who set out to make their fortunes in 19th-century Kafiristan. With Christopher Plummer and Saeed Jaffrey. (1975, PG, 129min) ★★★★★
11.50 **Parkinson** With guests Michael Caine, Helen Hayes and Soraya.
12.50 AM **Berlin 1933** 1/3. The political changes that occurred in Germany in 1933. **1.40** 2/3. Adolf Hitler takes control of the media. **2.35 to 3.30** AM 3/3. Documenting Hitler's celebration at Nuremberg.

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
11.05 **FILM The Quiet Man** John Ford's drama starring John Wayne and Maureen O'Hara. (1952, U, 129min) ★★★
1.45 PM **Come Dine with Me**
4.25 **Four in a Bed** The first visit of the week is to the Guest and the City in Brighton. **4.55** From the Farmer's Boy Inn in Gloucestershire. **5.25** A visit to the *Geanna*, a purpose-built hotel boat. **5.55** A visit to Sentry Mead on the Isle of Wight.
6.30 **Four in a Bed** The week's winner is announced.
7.00 **FILM The Italian Job** Classic crime caper starring Michael Caine. A brilliant crook masterminds the theft of millions of dollars worth of gold bullion from a security van in Turin and uses three Mini Coopers for the getaway. (1969, PG, 100min) ★★★★★
9.00 **24 Hours in A&E** A 27-year-old woman is brought in after suffering a severe epileptic fit. **10.00** A man suffers serious injuries after his paraglider was blown into a hillside.
11.05 **Emergency Helicopter Medics** Paramedics attend to a car crash in Norfolk.
12.05 AM **24 Hours in A&E**
2.15 **Emergency Helicopter Medics** As 11.05pm.
3.20 **to 3.50** AM **Father Ted**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Lego Masters Australia** Eight teams build a scene set on the seabed.
7.35 **Don't Tell the Bride**
9.40 **Ramsay's Kitchen Nightmares USA**
1.35 PM **Modern Family**
4.05 **FILM MouseHunt** Slapstick comedy starring Nathan Lane and Lee Evans. The efforts of two brothers to renovate an old mansion are thwarted by a tenacious mouse. With Vicki Lewis. (1997, PG, 98min) ★★★★
6.00 **The Big Bang Theory** Six episodes, including at: **7.30** 5/23. Sheldon must overcome his fear of driving. Guest stars Octavia Spencer. **8.00** 6/23. Sheldon is flattered when a graduate student takes a shine to him. **8.30** 7/23. Howard and Raj search for the *America's Next Top Model* house. (S2)
9.00 **Celebrity Gogglebox** A rolling cast of famous faces appraise shows including *Our Planet, Countdown* and *The Greatest Auction*.
10.00 **Gogglebox** Opinions on *Strictly Come Dancing, Love is Blind* and *Boiling Point*.
11.05 **Gogglebox**
12.05 AM **First Dates**
2.15 **Gogglebox**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **to 6.00** AM **The Tiger Who Came to Tea**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Brit Cops: Rapid Response** Double bill.
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** A raid on a clothes shop by men in grotesque masks. **9.45** Men stealing cheese from a factory are caught in a trap. **10.30** An elderly man falls victim to a light-fingered carer. **11.15** A couple use a baby buggy to steal a beer barrel.
12.00 NOON **Caught on Dashcam**
4.00 PM **Nothing to Declare** Six editions of the documentary.

10.00 Blue Bloods

7 PM **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM **9.00** **Caught on Dashcam** Spectacular real-life crashes caught on dashboard cameras.

10 PM **10.00** **Blue Bloods** *End of Tour:* 18/18. The Reagan family race to stop mayhem in the city when the gangs of New York unite. (S14)
11.00 **Chicago Fire** 8/22. Pryma asks for Severide's help. (S11)
12.00 M'T **Coroner** 7/12. Jenny comes across something she has seen before. (S4)
1.00 AM **Caught on Dashcam**
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.15 **Succession** 6-9/10. (S4)
1.35 PM **Dune: Prophecy** 1/6. Valya Harkonnen works to combat a new threat. **2.50** 2/6. Desmond makes a confession to Emperor Corrino. **4.00** 3/6. The young Tula worries about being accepted. **5.10** 4/6. Tula attempts to understand the origins of the acolytes' disturbing dreams. **6.20** 5/6. Desmond goes on a warpath. (S1)

9.00 Sweetpea

7.30 **Dune: Prophecy** *The High-Handed Enemy:* 6/6. As Tula contends with the stunning revelation of Desmond's true identity, the acolytes uncover a devastating long-held secret about the Sisterhood. (S1)

9.00 **Sweetpea** *Sorry for Your Loss:* 1/6. Rhiannon Lewis is living a mundane life until everything suddenly turns upside down.

10.00 **Sweetpea** *This Sort of Thing Needs Some Feminine Energy:* 2/6. Rhiannon's victim is discovered. (S1)
11.00 **Sweetpea** 3/6. Rhiannon goes after her next target. **12.00** M'T 4/6. Rhiannon sets out to prove she is not the loser she once was. (S1)
1.00 AM **Sweetpea** 5&6/6. (S1)
3.00 **Riviera** 3&4/10. (S2)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Bondi Rescue**
9.00 **Highway Patrol** Double bill.
10.00 **From** 1-5/10. (S2)
3.15 PM **A League of Their Own: Mexican Road Trip** The gang set out on an adventure around Mexico. **4.10** The gang take part in the Day of the Dead parade. **5.05** The gang take MLS-style penalties in front of 60,000 fans at top-flight football club Guadalajara's Estadio Akron. **6.00** Jamie, Jill, Micah and Mo explore the city of La Paz.

9.00 Strike Back: Vengeance

7.00 **Sport's Funniest Moments** A look at some of the funniest and most farcical moments from the sporting world.

8.00 **Rob & Romesh vs Darts** The boys play a match at Alexandra Palace during the World Championship.

9.00 **Strike Back: Vengeance** 1/10. Stonebridge finds himself struggling to adapt to a career outside Section 20. (S3)

10.00 **Based on a True Story** 7/8. Matt's past haunts the Bartletts. **10.45** 8/8. Tory and Matt are on the run. (S2)
11.30 **The Force: Manchester**
1.30 AM **Road Wars** An intruder in a shop upsets staff. **2.00** Members of the Road Crime Unit chase a dealer. **3.00** Dog handler Darryl gets a nasty surprise when he tries to break up a pub fight.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **Dress to Impress**
11.10 **Celebrity Catchphrase**
12.10 PM **FILM Bee Movie** Animation. (2007, U, 91min) ★★★
2.15 **FILM Shark Tale** Animation. (2004, U, 90min) ★★★★
4.00 **FILM Nanny McPhee & The Big Bang** Comedy sequel. (2010, U, 109min) ★★★
6.10 **FILM Marley & Me** Comedy starring Jennifer Aniston. (2008, PG, 115min) ★★★

8.30 Godzilla: King of Monsters

FILM Marley & Me (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.30 **FILM Godzilla: King of the Monsters** Fantasy adventure sequel starring Vera Farmiga and Millie Bobby Brown. The Monarch agency face off against an army of creatures including Godzilla. (2019, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Family Guy** 18/22. Meg goes out with a naturist. **11.35** 10/22. Lois shows Meg how to have fun. (S3)
12.05 AM **American Dad!** (S16)
1.05 **Iain Stirling's CelebAbility**
1.50 **World's Funniest Videos**
2.45 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **A Touch of Frost**
8.10 **Inspector Morse**
10.25 **A Touch of Frost**
2.45 PM **Agatha Christie's Poirot** *Death on the Nile:* The Belgian sleuth investigates the murder of an American heiress on board an old steamer in Egypt.
5.00 **Midsomer Murders** *The Glitch:* A teacher is killed in a hit-and-run, and Barnaby suspects the intended target was actually a Midsomer University science fellow. Guest stars David Haig.

7.00 Midsomer Murders

7.00 **Midsomer Murders** *Small Mercies:* The peace in a sleepy hamlet is disturbed when a man's body is found tied down in a miniature village – just like the hero in *Gulliver's Travels*. Guest stars Jesse Birdsall.

9.00 **Midsomer Murders** *The Straw Woman:* Midsomer Parva hosts the revival of a pagan festival, but tragedy strikes when the event's curate is burned alive inside a straw effigy of a woman. Guest stars Keith Barron and Maggie O'Neill.

11.00 **Shetland** 1/6. Perez reopens a case into a death from 1994. **12.10** AM 2/6. The hunt is on for Malone's attacker. (S4)
1.25 **Long Lost Family Special: The Unknown Soldiers**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **Snow Dogs** Wildlife film-maker Gordon Buchanan teams up with seven huskies to take on a treacherous dog-sledding trail in Canada's spectacular Yukon wilderness.
8.15 **Michelle McManus: Talent Show Winners** The *Pop Idol* winner reflects on life after TV talent show success.
9.15 **Scot Squad** 4/4. Chief Miekelson receives a momentous phone call from London as the Met Police choose their new leader. (S8)
9.45 **Best of Chewin' the Fat** Highlights of the comedy sketch show.
10.15 PM **to 12.00** M'T **My Old School** The story of Scotland's most notorious imposter.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Sort Of** 1/8. (S1)
8.40 **Crashing** 3&4/8. (S3)
9.55 **Breeders** (S3)
3.45 PM **Breeders** Ten episodes, including at: **6.25** 6/10. Ally decides to reunite with her antenatal class. **6.55** 7/10. Paul and Ally take a holiday. **7.25** 8/10. Paul and Ally hear that Maya is giving birth five weeks early. **7.55** 9/10. Paul and Ally attempt to help Luke. **8.25** 10/10. Ava declares her love at baby Jay's naming party. (S4)
9.00 **Katherine Ryan: Missus** A stand-up performance by the comedian.
10.15 **Alex Edelman: Just For Us** Stand-up comedy.
11.55 **Black Monday** (S3)
1.05 AM **Yvonne Orji: Momma I Made It!**
2.25 **Jerrod Carmichael Reality Show**
3.35 **to 5.00** AM **The Righteous Gemstones**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **The South Bank Show Originals**
6.30 **Michael Flatley – Lord of the Dance: Dangerous Games**
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Sherlock Holmes and the Scarlet Claw** (1944, b/w) ★★★
2.20 **Cirque du Soleil: Delirium** A celebration.
4.00 **Neil Diamond: Under a Tennessee Moon**
5.00 **Tina Turner: One Last Time – Live at Wembley Stadium**
7.00 **Classic Albums**
8.00 **The Highwaymen Live: American Outlaws**
10.30 **Electric Lady Studios: A Jimi Hendrix Vision**
12.15 AM **The Doors Live at the Hollywood Bowl '68**
1.45 **The Rolling Stones: Rock and Roll Circus**
3.10 **Carly Simon: A Moonlight Serenade**
4.40 **to 6.00** AM **Classic Albums**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Morph's Epic Adventures**
8.55 **Very Small Creatures**
9.00 **Nothing to Declare**
11.00 **Highway Cops**
11.30 **Monkey Life**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Wildlife Rescue New Zealand** Documentary.
4.00 **Big Cats: An Amazing Animal Family**
5.00 **Patrick Aryee's Wild World** Documentary.
6.00 **Predators**
7.00 **Shark with Steve Backshall** Documentary.
8.00 **Caught on Dashcam**
9.00 **Britcam: Emergency on Our Streets**
10.00 **Sex and the City** (S6)
12.20 AM **Caught on Dashcam**
1.15 **Frontline Crime UK**
2.10 **Border Security: Canada's Front Line**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Buying the View**
8.00 **Abbey Clancy: Celebrity Homes**
9.00 **John and Lisa's Food Trip Down Under**
10.05 **Celebrity Dinner Date**
1.05 PM **Project Bakeover**
4.00 **The Big Bake: Holiday**
6.00 **Celebrity Dinner Date** Reality star Jack Keating is given five menus from potential blind dates. **7.00** Five singletons attempt to woo TV presenter Matt Johnson. **8.00** Reality TV star, influencer and model Georgia Steel takes part.
9.00 **Botched** Double bill.
10.55 **Kavos Weekender** British tourists and reps in the Greek resort.
12.00 M'T **The Real Housewives of Miami**
12.55 AM **Buying the View**
1.20 **Unwind**
1.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
4.00 PM **Murder, She Wrote** Five episodes of the mystery, including at: **7.00** *Deadly Misunderstanding:* Jessica is injured in an accident. Guest stars David McCallum. **8.00** *Mrs Parker's Revenge:* Jessica receives a mysterious parcel.
9.00 **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Drama with Candace Cameron Bure and Niall Matter.
10.50 **Aurora Teagarden Mysteries: Til Death Do Us Part** Thriller starring Candace Cameron Bure.
12.40 AM **Murder, She Wrote**
1.50 **The Avengers** (S6)
3.00 **Randall and Hopkirk (Deceased)** 8/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Best of the 80s**
6.15 **The Professionals**
7.20 **The Sweeney**
8.25 **Minder**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.25 **The Derby Through the Years** Memorable stagings.
11.40 **Grand Fishing Adventure**
3.50 PM **River Monsters**
4.20 FILM **Jeremiah Johnson** Adventure starring Robert Redford, Will Geer, Allyn Ann McLerie and Stefan Gierasch. (1972, PG, 107min) ★★★

6.40 Sharpe

6.40 Sharpe *Sharpe's Rifles:* Sharpe is promoted for saving General Wellesley's life and sent behind enemy lines to rally Spanish support.

9.00 English Football League Highlights Recent action, including Blackburn Rovers v Burnley and Hull City v Leeds United.

10.30 FILM **Red Heat** Crime action thriller starring Arnold Schwarzenegger. (1988, 18, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM FILM **Alien Resurrection** Sci-fi horror thriller sequel. (1997, 15, 110min) ★★★★
2.25 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **River Monsters**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Fantasy Island** 1-5/10. (S1)
3.10 PM **The Ark** 1/12. The crew of spaceship *Ark One* must decide the best way forward. **4.00** 2/12. The arrival of new members presents questions of who can be trusted and what to do with them. **5.00** 3/12. The remaining crew of spaceship *Ark One* must secure humanity's future. **6.00** 4/12. Two alternative realities intertwine. (S2)

8.00 The Ark

7.00 The Ark *Museum of Death:* 5/12. Garnet, Eva and Brice uncover secrets that could endanger everything.

8.00 The Ark *Pretty Big Deal:* 6/12. When a distress call leads to a desolate planet, everything is turned on its head. (S2)

9.00 FILM **Ape Vs Mecha Ape** Sci-fi drama starring Tom Arnold. With a giant ape in captivity, the military tries to build a robot equivalent. But the tests go wrong and the robot goes on a rampage. (2023, 15, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Salem's Lot 2/2. Horror starring David Soul, James Mason and Bonnie Bedelia.
1.00 AM **Wynonna Earp** 10/12. An old foe re-emerges in the Ghost River Triangle, intent on ending what they started. (S4)
2.00 **Room 104** 11 & 12/12. (S4)
3.00 **The Swarm** 3&4/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
10.00 **Father Brown**
11.00 **Death in Paradise** Six episodes, including at: **1.40** PM As 10.00pm. **3.00** As shown at 11.20pm. **4.20** 5/9. Neville is convinced there's more to a case than meets the eye when a pop star is found dead at a clinic. **5.40** 6/9. When a woman reports a murder and is then strangled, the team are left wondering whether she was reporting her own murder. (S11)

8.00 Shakespeare & Hathaway

7.00 Father Brown *The Kembleford Dragon:* The sleuth investigates when the local stationmaster is killed.

8.00 Shakespeare & Hathaway: Private Investigators 7/10. Frank and Lu investigate a missing person case.

9.00 Shakespeare & Hathaway: Private Investigators 8/10. Frank and Luella help an amnesiac man. (S2)

10.00 Death in Paradise *Death in Flight:* 3/9. Neville and the team must explore the cut-throat world of social media. (S11)

11.20 Death in Paradise 4/9. Florence's undercover role takes a dangerous turn when she finds herself in familiar surroundings. (S11)
12.40 AM **Death in Paradise** (S11)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.20 AM **The Two Ronnies**
9.15 **Only Fools and Horses**
12.25 PM **Only Fools and Horses** Five episodes, including at: **3.10** Christmas special from 1993. A nagging toothache forces Del to visit the dentist. **5.00** The council rejects Del's application for a home improvement grant, but his spirits are raised by news of a fancy-dress party. **6.20** Del Boy buys a new manual to show him how to make positive decisions.

5.00 Only Fools and Horses

7.40 Only Fools and Horses The final part of the Christmas 1996 trilogy. Raquel's father finds an old watch among the Trotters' junk, which he claims could net them a fortune at auction.

9.00 Bottom: Exposed Adrian Edmondson gives a first-hand account of making the hit comedy with the late, great Rik Mayall, alongside contributions from a host of the show's cast, crew and famous fans.

11.00 Bottom Live Stage version of the comedy series from 1993.
1.20 AM **French & Saunders: Funny Women** The duo discuss crucial female contributions to comedy.
3.15 **to 4.00** AM **The Two Ronnies**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Rick Stein's Far Eastern Odyssey** In Sri Lanka and Bali.
8.00 **Extreme Salvage Squad**
10.00 **Train Truckers** Double bill.
12.00 NOON **Eddie Eats America**
1.00 PM **Storage Hunters UK**
1.30 **Speed with Guy Martin**
3.00 **Robson's Extreme Fishing Challenge** Double bill.
5.00 **Caribbean with Simon Reeve** Exploring Puerto Rico.
6.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul head to the Outer Hebrides. **6.40** From Burghley House.

6.00 Mortimer & Whitehouse

7.20 Mortimer & Whitehouse: Gone Fishing Bob and Paul head to the Lake District.

8.00 Special Ops: Crime Squad UK Gwent Police find a multi-million-pound drug operation which takes a turn.

9.00 Not Going Out Lee and Lucy experience difficulty in keeping the romance alive in their marriage. **9.40** Lucy criticises Frank over his abilities as a babysitter. **10.20** Lee, Lucy and the children set off in their car to catch a ferry.

11.00 QI With Hannah Waddingham, Desiree Burch, Jason Manford and Alan Davies.
12.00 M'T **Have I Got a Bit More News for You** Double bill.
2.00 AM **Survivor South Africa**
3.25 **to 4.00** AM **Mortimer & Whitehouse: Gone Fishing**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun**
3.20 FILM **Little Women** Period drama starring Winona Ryder. (1994, U, 114min) ★★★
5.40 **A Place in the Sun**
7.45 FILM **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
10.20 FILM **The Naked Gun 2½: The Smell of Fear** Police comedy sequel starring Leslie Nielsen and Priscilla Presley. (1991, 15, 90min) ★★★
12.00 M'T **Gogglebox Festive Special** TV opinions.
1.35 AM **The Great New Year Bake Off 2024/25**
2.50 **to 4.50** AM **The Big Fat Quiz of Everything**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4)
1.05 PM **NCIS** Eight episodes of the series, including at: **6.00** *Honour Code:* 7/24. A child claims his father has been kidnapped. **7.00** *Under Covers:* 8/24. Ziva and Tony pose as assassins. **8.00** *Frame Up:* 9/24. Tony is accused of killing a woman. (S3)
9.00 **Criminal Minds** *Boxed In:* 5/23. A young boy is kidnapped and thrown inside a box. **10.00** *If the Shoe Fits:* 6/23. The team struggle to find the link between a number of victims. (S10)
11.00 **Law & Order: Special Victims Unit** *Unstable:* 1/24. A rape victim refuses to talk. (S11)
12.00 M'T **Law & Order: Special Victims Unit**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Car Pound Cops**
8.30 **Smart Meters: Are They Really Worth It?**
9.30 **Nightmare Tenants, Slum Landlords**
12.30 PM FILM **Mirror Mirror** Fantasy. (2012, PG) ★★★
2.40 FILM **Ella Enchanted** (2004, PG) ★★★
4.35 FILM **The Railway Children Return** Family drama sequel. (2022, PG, 99min) ★★★
6.45 FILM **Fool's Gold** Comedy. (2008, 12) ★
9.00 FILM **Road House** Action drama. (1989, 18, 110min) ★★★
11.20 FILM **Color Out of Space** Horror. (2019, 15, 111min) ★★★★
1.40 AM **Making a Serial Killer** Donna Perry.
2.40 **Killer at the Crime Scene** Documentary.
3.25 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Car Pound Cops**
9.40 **Outback Truckers**
10.35 **Police Interceptors**
12.40 PM FILM **The Hallelujah Trail** Comedy Western starring Burt Lancaster. (1965, U, 167min) ★★★
3.35 FILM **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner. (1979, U, 132min) ★★★
6.20 FILM **The Dam Busters** War drama with Richard Todd and Michael Redgrave. (1954, b/w, U, 125min) ★★★★
9.00 FILM **Papillon** Drama starring Steve McQueen and Dustin Hoffman. (1973, 15, 150min) ★★★
12.05 AM FILM **Executive Decision** Action thriller starring Kurt Russell and Halle Berry. (1996, 15, 132min) ★★★
2.50 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point: Lucky Stars** Four editions.
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at: **7.00** Ben uses the stairs to recreate an assault on Everest. **7.40** The Brockmans attend a funeral. **8.20** Sue attempts to domesticate the boys.
9.00 **Gavin & Stacey** Stacey travels to London to meet Gavin in person. **9.40** The couple have their first lovers' tiff. **10.20** The couple celebrate their engagement, prompting the Shipmans to throw a party in Billericay.
11.00 **Chewing Gum**
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **MasterChef Canada: Back to Win**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.25 AM **Classic EastEnders**
1.40 PM **Kingdom**
2.40 **Bergerac**
5.00 **The Brokenwood Mysteries** *The Power of Steam:* 1/4. Mike and his team investigate a murder at a Brokenwood steampunk event. **7.00** *A Real Page Turner:* 2/4. Crime author Jack Rudd visits Brokenwood to give a reading, but ends up dead. (S6)
9.00 **The Diplomat** 5/6. The Consulate team deal with unreliable witnesses in a case of police violence. (S1)
10.00 **Inspector Alleyn Mysteries** *Dead Water:* The sleuth's former French teacher gets a death threat in response to her blocking its development as a spa.
12.10 AM **The Last Detective**
1.40 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Celebrity Yorkshire Auction House**
1.00 PM **A Place in the Sun**
7.00 **A Place in the Sun**
8.00 **Celebrity Yorkshire Auction House** Angus visits Debbie McGee and finds a treasure trove of magical items. **10.00** A 1950s toy rocket is among the latest items restored.
11.00 **Celebrity Help! My House Is Haunted**
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Game show.
11.00 **All Star Family Fortunes** Actor and singer Suzanne Shaw takes on *Coronation Street*'s William Roache. **11.40** One-time Atomic Kitten Natasha Hamilton and former footballer John Barnes take part. **12.20** PM Magician Paul Daniels and former *EastEnder* Joe Swash compete in the quiz.
1.00 **Bob's Full House**
1.40 **Bruce Forsyth's Generation Game**
3.00 **The Chase Celebrity Special** Triple bill.
6.00 **The Chase** Triple bill.
9.00 **The Family Chase**
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.15 AM **The Chase Celebrity Special**
5.10 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.10 AM **War Machines**
9.20 **The Stuka**
10.45 FILM **Hell River** Drama. (1974, PG, 99min) ★★
1.00 PM **Wanted: Dead or Alive** 4/26. (S3)
1.30 FILM **Badland** Western. (2019, 12, 107min) ★★
4.00 FILM **The Unforgiven** Western drama starring Burt Lancaster. (1960, PG, 125min) ★★★
6.50 FILM **The Quick & the Dead** Western starring Sam Elliott. (1987, PG, 94min) ★★★
9.00 FILM **The Marine** Action thriller with John Cena. (2006, 15, 92min) ★★
11.00 FILM **Born to Raise Hell** Thriller with Steven Seagal and Dan Badarau. (2010, 18, 92min) ★★
1.05 AM FILM **Turbulence** Thriller with Dina Meyer. (2016, 15, 90min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **The Landlord** Thriller. (2017, PG) ★★
11.00 FILM **Lost Letter Mysteries: Signed Sealed Delivered** Drama. (2013, PG, 87min) ★★
12.55 PM FILM **Lost Letter Mysteries: Time to Start Livin'** (2014, PG) ★★
2.50 FILM **Lost Letter Mysteries: Second Chances** (2014) ★★
4.45 FILM **Cheaper by the Dozen** Comedy. (2003, PG, 98min) ★★★
7.00 FILM **Cheaper by the Dozen 2** Comedy sequel. (2006, PG) ★★★★
9.00 FILM **Wanted** Fantasy. (2008, 18) ★★★
11.15 FILM **Bronson** Drama. (2009, 18, 92min) ★★★
1.15 AM FILM **Lost Letter Mysteries: Reconcilable Differences** (2014) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **Manny Dearest** (2017, PG) ★★

+1hour 322

GREAT! christmas

319 424 52

8.10 AM FILM **A Bramble House Christmas** Drama. (2017, PG, 84min) ★★
10.05 FILM **Christmas in the Highlands** Comedy. (2019, PG, 90min) ★★
12.00 NOON FILM **A Royal Christmas Ball** Drama. (2017, PG, 86min) ★★
1.55 PM FILM **Royal New Year's Eve** Drama. (2017, U, 84min) ★★
3.50 FILM **Christmas with a Crown** Romantic drama. (2020, PG, 89min) ★★
5.50 FILM **Once Upon a Holiday** (2015, PG) ★★
7.45 FILM **A Winter Princess** Drama. (2019, PG) ★★
9.35 FILM **Christmas with a Prince** Romantic drama. (2018, PG, 90min) ★★
11.30 FILM **Christmas Catch** Comedy. (2018, PG) ★★
1.40 AM **Highway to Heaven**
2.50 **to 5.00** AM FILM **Love for Christmas** Comedy. (2012, PG, 88min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon's Trip to Mars** 2-4/15. (S1)
7.15 **Auto Rewind**
7.30 **Huckleberry Finn and His Friends** (S1)
8.30 **Monkey** 17/26. (S1)
9.30 **Bewitched** (S1)
11.00 **Fantasy Island** (S1)
4.00 PM **Bubblegum & Cheese** Music show.
5.00 **Stereo Underground**
6.00 **Monkey** 18/26. (S1)
7.00 **Mitch** 4/10. (S1)
8.00 FILM **Where There's a Will** Crime comedy starring Will Hay. (1936, b/w, U, 81min) ★★★
9.00 **The Mrs Merton Show** With Dale Winton.
9.35 **Married... With Children** Five episodes.
12.05 AM **Police Woman** (S1)
1.05 **Monkey** 18/26. (S1)
2.05 **Mitch** 4/10. (S1)
3.05 **The Mrs Merton Show**
3.40 **Disorder in the Court**
4.00 **Cut Price Comedy Show**
5.00 **to 6.00** AM **That's My Dog**

DMAX

159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
4.00 PM **Opal Hunters: Red Dirt Road Trip**
7.00 **Mysteries of the Deep** A ground-breaking scientific discovery about the *Titanic*. **8.00** Jeremy looks into an accident involving a nuclear submarine.
9.00 **My Feet Are Killing Me** A woman who walked on a broken leg for 10 years. **10.00** A man with a foot shaped like a hammerhead shark.
11.00 **Body Bizarre** A Kenyan man has developed a growth on his genitals. **12.00** M'T A woman with thousands of tiny tumours on her skin. **1.00** AM A boy is fitted with prosthetic eyes.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Pioneer Woman**
11.00 **James Martin: Delicious** Eight editions.
3.00 PM **Nigella Bites** Ten editions, including at: **6.30** Breakfast treats including spicy kedgeree. **7.00** Trashy food including ham in cola. **7.30** Hangover cures.
8.00 **Adam Richman Eats Football** Adam is in Birmingham for an Aston Villa home game.
8.30 **Adam Richman Eats Britain** Adam visits a gastropub for his first taste of local grouse.
9.00 **Man v Food** Adam tries to drink nearly a gallon of milkshake in St Louis. **9.30** A ramen made with 10 different chillies. **10.00** Adam Richman travels to Portland.
10.30 **Man v Food**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **Tremors 2: Aftershocks** Horror sequel with Fred Ward. (1995, 12, 95min) ★★★
10.00 **T.J. Hooker** (S2)
3.00 PM FILM **Charro!** Western with Elvis Presley. (1969, U, 98min) ★
4.55 FILM **Two Rode Together** Western. (1961, PG, 109min) ★★★
7.00 FILM **Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
9.00 FILM **Bullet to the Head** Action thriller. (2012, 15, 89min) ★★★
10.55 FILM **Righteous Kill** Thriller with Al Pacino. (2008, 15, 97min) ★★★
12.55 AM FILM **Fear is the Key** Action thriller. (1972, 15, 108min) ★
2.55 **to 4.50** AM FILM **Seal Team VI: Journey into Darkness** Drama sequel. (2008, 18, 99min) ★★

+1hour 318 371 139

Legend Xtra

317 171 69 138

6.00 AM FILM **Meteor Moon** Sci-fi adventure with Dominique Swain. (2020, PG, 80min) ★★
8.00 FILM **The Gambler: The Adventure Continues** Western sequel starring Kenny Rogers. (1983, PG, 183min) ★★
12.00 NOON FILM **The Philadelphia Experiment** Sci-fi thriller starring Nicholas Lea. (2012, 15, 89min) ★★
2.00 PM FILM **Apocalypse of Ice** Disaster thriller. (2020, PG, 88min) ★★
4.00 **Andromeda** (S5)
9.00 FILM **Trespass** Action thriller starring Bill Paxton and Ice-T. (1992, 18, 101min) ★★★
11.00 FILM **She Never Died** Horror thriller starring Olunike Adeliyi. (2019, 15, 89min) ★★
1.00 **to 3.00** AM FILM **Trespass** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Storage Wars: Texas**
8.00 **Container Wars**
10.00 **Weird or What? With William Shatner**
3.00 PM **Ancient Aliens**
7.00 **Ancient Aliens** The notion that some aliens are capable of 'bending' both time and space.
8.00 **Alien Corridors** There is high strangeness on the Archuleta Mesa in New Mexico with the whisperings of the presence of an underground alien base.
9.00 **Conspiracy Files: Unsealed** Experts examine the possibility of the end of the world. **9.30** The possibility of a secret facility creating biological weapons.
10.00 **Hardcore Pawn**
11.00 **Storage Hunters**
1.00 AM **Container Wars**
2.00 **Wicked Tuna**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 138 46 133

9.00 AM **Secrets of the Royal Palaces**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **The Pacific War in Colour** Double bill.
7.00 **Michael Palin in North Korea** 1/2. The actor documents life for many of the millions living in North Korea. **8.00** 2/2. Michael leaves Pyongyang and is put under the protection of armed guards.
9.00 **Michael Palin in Nigeria** 1/3. The actor embarks on a journey across the West African country. **10.00** 2/3. Michael climbs Dala Hill in Kano. **11.00** 3/3. Michael visits the city of Benin.
12.00 M'T **Michael Palin: Into Iraq** Triple bill.
3.00 AM **Into the Congo with Ben Fogle**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **A Place in the Sun**
12.00 NOON **My Lottery Dream Home** Six editions, including at: **1.00** PM David helps a couple find a new home in New Hampshire. **1.30** David helps a man find a move-in ready home in the Sioux Falls tri-state area. **2.00** A winning couple look for their first home in Salem, Massachusetts. **2.30** David joins a lucky family on the hunt for a dream home in Virginia.
3.00 **Escape to the Country** Four editions. People go in search of their ideal rural retreats.
7.00 **Escape to the Country** Six further editions of the series in which people set out to find their ideal retreats with the help of a property expert.
1.00 **to 4.00** AM **Home Town**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **1000-lb Best Friends**
8.00 **My Big Fat Fabulous Life** Whitney faces fertility challenges.
9.00 **I Love a Mama's Boy**
10.00 **Dr Down Below**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates** Double bill.
2.00 **Dr Down Below**
3.00 **Sex Sent Me to the ER**
4.00 **My Big Fat Fabulous Life** As 8.00pm.
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Friends**
1.00 PM **Friends**
7.00 **Friends** 23/25. Chandler asks Phoebe to help him choose an engagement ring. (S6) **7.30** 15/24. Chandler's internship gets off to an uninspiring start. (S9) **8.00** 9/24. The gang celebrate Thanksgiving. Guest stars Brad Pitt. (S8)
8.25 FILM **Little Nicky** Comedy fantasy starring Adam Sandler, Rhys Ifans and Harvey Keitel. (2000, 12, 84min) ★★
10.00 FILM **Boogie Nights** Comedy drama starring Mark Wahlberg. (1997, 18, 156min) ★★★★
1.05 AM **Jimmy Carr: Being Funny** Stand-up show.
3.15 **Romesh Ranganathan: Irrational Live**
4.00 **Beavis and Butt-Head**
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **New Girl** (S1)
11.00 **Takeshi's Castle**
2.00 PM **Impractical Jokers**
7.00 **Impractical Jokers**
8.30 **Friends** Seven episodes of the series, including at: **10.00** 15/24. Chandler's former girlfriend turns up out of the blue. (S4) **10.30** 1/25. Joey and Phoebe have a cross-country adventure. (S6) **11.00** 12/24. Part one of two. Phoebe falls in love, and Joey goes on a date with a fan. **11.30** 13/24. Part two of two. Rachel lands a date with Jean-Claude Van Damme. Guest stars Julia Roberts. (S2)
12.00 M'T **Friends**
2.05 AM **Out of Order**
4.35 **Al Murray: One Man, One Guvnor Uncut**
5.20 **to 6.00** AM **Impractical Jokers**

Sky Replay

152 156

7.00 AM **Four Weddings**
10.00 **Bondi Rescue**
1.00 PM **Bondi Rescue**
2.00 **Air Ambulance ER** The team work to rescue a lumberjack who has fallen from a great height. **3.00** The team rescue an elderly couple who have been involved in a serious crash on the A66. **4.00** The helicopter battles bad weather as it tries to provide help to a suspected stroke victim. **5.00** The crew are tested as they try to save a victim who has suffered a cardiac arrest. **6.00** Medics fight to save a man's life after an accidental overdose.
7.00 **Road Wars**
10.00 **The Force: North East**
2.00 AM **A League of Their Own Road Trip: Dingle to Dover** Triple bill.
5.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 11/13. (S3)
6.25 **16 and Pregnant**
7.10 **Catfish UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions, including at: **7.00** Leuh wants to know if surfer Justin is the man of her dreams. **8.00** Larissa finds out if her online friend Anthony is trustworthy.
9.00 **Geordie Shore: Marnie's Story** Marnie Simpson looks back on her life and her journey.
10.00 **Geordie Shore: Holly's Story** Holly Hagan takes a look back at her life.
11.00 **Geordie Shore: Aaron & Sophie's Story**
12.00 M'T **Geordie Shore: Gary's Story**
1.00 AM **Ink Master**
2.00 **Me & My Sugar Daddy**
2.50 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Gold Rush** Five editions, including at: **3.00** PM Sparks fly when Tony leaves his son with Cousin Mike. **4.00** The future of Tony's dynasty hangs in the balance.
5.00 **Gold Rush: Parker's Trail** Parker uncovers lost footage from seven years of prospecting remote areas around the world and reveals the best ground he has ever found.
6.00 **Gold Rush** The gold miners of the Yukon put everything on the line to strike it rich.

9.00 Sin City Tow

7.00 **Jade Fever** Josh is left stranded as he tries to walk in the new excavator. **7.30** Alan brings in a group of buyers.
8.00 **The Last Woodsmen** Jared races to save as many logs as he can, and the road crew blast their way to money trees.
9.00 **Sin City Tow** It's a race for the most tows as fans descend on Las Vegas for the F1 Grand Prix.
10.00 **Mystery at Blind Frog Ranch** Duane discovers smoke vents, and James travels to the Aztec capital in Mexico City.
11.00 **Lost Monster Files** A predator preys on orcas off the frozen coast of Kodiak, Alaska.
12.00 M'T **Mega Shippers**
1.00 AM **Border Control: Europe**
2.00 **Sin City Tow** Double bill.
4.00 **How It's Made: Dream Cars**
4.30 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Jungle Shark** Documentary.
3.00 **Deadliest Sharks**
4.00 **Dr Jeff: Rocky Mountain Vet** The team care for abandoned kittens and a tiger finds love. **5.00** Jeff tries to rescue a dog that was hit by a car.
6.00 **Extinct or Alive** Forrest Galante searches Madagascar for the Malagasy dwarf hippo.

8.00 Swimming with Monsters

7.00 **How Do Animals Do That?** How dogs have learnt to melt our hearts. **7.30** How a fish makes a weapon out of water.
8.00 **Swimming with Monsters with Steve Backshall** The naturalist tries to swim with Africa's most dangerous animal.
9.00 **Rugged Justice** Officers race to rescue passengers on a capsized boat and arrest a suspect with multiple drug warrants.
10.00 **Alaska: The Last Frontier** Otto and his son Eivin bond over a hunt for ptarmigan that nearly ends in disaster.
11.00 **Insane Pools: Off the Deep End** Transforming a koi pond project into a backyard oasis.
12.00 M'T **Monsters Inside Me** An outbreak leads to a young boy drowning in his own mucus.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Colossal Machines**
1.00 PM **Car S.O.S** Triple bill of the documentary, including at: **3.00** Fuzz and Tim restore a tired 1991 VW T4 Campervan.
4.00 **Construction Fails** A look at Italy's Morandi Bridge.
5.00 **Nazi Megastructures** The creation of one of history's greatest air defence systems.
6.00 **D-Day Revealed: Drain the Oceans** Exploring the wreckage of ships sunk on D-Day.

6.00 D-Day Revealed

7.00 **Nazi Death Camp: The Great Escape** Jewish former prisoners at a Polish death camp recall their escape in 1943.
8.00 **Apocalypse: Hitler Takes on the East** Examining the German invasion of the USSR during World War Two.
9.00 **Apocalypse: Hitler Takes on the East** In October 1941, Hitler believes his triumph over the USSR is imminent.
10.00 **Disaster Autopsy** Investigating the Air France Concorde crash in Paris, and the explosion in the Gulf of Mexico.
11.00 **To Catch a Smuggler** CBP find drugs in secret vehicle compartments in El Paso.
12.00 M'T **Border Protection Spain**
2.00 AM **Lords of War**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire Tournament of Champions**
7.00 **Pawn Stars** Double bill.
9.00 **The Curse of Oak Island**
11.00 **Pawn Stars** Double bill.
1.00 PM **Greatest Heists with Pierce Brosnan** Four editions.
5.00 **Rust Valley Restorers** Mike kicks off his fifth year in business with the restoration of a 1971 International Scout II.
6.00 **Dictators' Hideouts** Underground shelters to protect the fascist dictator Benito Mussolini and his family.

9.00 Secrets of the Hells Angels

7.00 **Great Escapes with Morgan Freeman** The actor focuses on prison Alcatraz, where four men tried to break free.
8.00 **Great Escapes with Morgan Freeman** A look at some of history's most daring jailbreaks to date, detailing every step.
9.00 **Secrets of the Hells Angels** A deep dive into the world of the secretive and notorious biker club.
10.00 **Secrets of the Hells Angels** A Hells Angel proves his loyalty to the gang by leading a mass slaughter of their enemies.
11.00 **Forged in Fire** Efforts to re-create one of Scotland's most feared weapons. **12.00** M'T The blademsiths are in for a challenge as they make a matching pair of knives.
1.00 AM **Pawn Stars** Double bill.
3.00 **to 6.00** AM **Greatest Heists with Pierce Brosnan**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Living with Hitler**
9.00 **Nazi Hunters** Double bill.
11.00 **Find It, Fix It, Flog It**
2.00 PM **Robson Green's Weekend Escapes**
4.00 **Trawlermen: Hunting the Catch** *Ocean Pride* targets shipwrecks off Cornwall in pursuit of pollack. **5.00** *Endeavour 5* is in the North Atlantic looking for squid.
6.00 **Train Truckers** A fully restored Class 47 diesel engine is transported to the Ecclesbourne Valley Railway.

4.00 Trawlermen: Hunting...

7.00 **Train Truckers** A CBD80 battery-powered loco needs to be hauled 20 miles to Chasewater Railway in Staffordshire.
8.00 **The Lakes with Simon Reeve** The adventurer explores the beautiful and unique landscapes of the Lake District.
9.00 **The Lakes with Simon Reeve** How the high number of visitors to Scafell Pike is stretching rescue resources.
10.00 **'Allo 'Allo!** René is on a mission at the chateau. **10.35** Edith accepts Monsieur Alfonse's proposal of marriage.
11.05 **'Allo 'Allo!** Yvette and Edith both question René about the whereabouts of the gold. **11.40** The Resistance tries to get some British intelligence people to Nouvion.
12.10 AM **Bangers & Cash**
1.10 **to 3.00** AM **Trawlermen: Hunting the Catch**

+1hour 255 329

Saturday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Supertruckers**
8.00 **Wheeler Dealers**
2.00 PM **Find It, Fix It, Drive It** Double bill.
4.00 **Shed and Buried**
6.00 **Salvage Hunters** Drew Pritchard scours a giant mid-Wales market. **7.00** Drew goes to Essex, Norfolk and Pembroke. **8.00** A collection of American automobilia in a south London suburb.
9.00 **Massive Engineering Mistakes** New edition In Massachusetts, a high-rise building comes crashing down.
10.00 **Helicopter ER Critical Hour** The Yorkshire Air Ambulance is called to a vehicle crash.
11.00 **Loch Ness Monster: New Evidence**
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Reality series.
10.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Hometown Homicide** Six editions.
9.00 NEW SERIES **Before They Kill Again** A Mother's Day killing horrifies a town, and investigators try to predict the killer's next move by understanding what motivates a monster.
10.00 **American Detective: Never Give Up** New edition The murder of a young G.I.
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** The murder of a sheriff in Oklahoma.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
5.00 PM **A Stranger in My Home** A couple's neighbour grows a little too close for comfort. **6.00** A man disappears after winning the lottery.
7.00 **Killers: Caught on Camera** Suspicion arises after a house fire and a death after a date. **8.00** In the US, a killer leaves a trail in blood and phone data.
9.00 **Donal MacIntyre's Released to Kill** A look at the case of Theodore Johnson. **10.00** The remains of a woman's body are found in a blazing car.
11.00 **Real Detective: North of the Border**
12.00 M'T **Killers: Caught on Camera** Double bill.
2.00 AM **Injustice with Nancy Grace**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Crimes That Shook Australia** Five editions.
2.00 PM **Medical Detectives** Explosive experts look into a bomb blast which injured a farmer's wife. **2.30** A woman's body is found under a bridge. **3.00** The discovery of a killer fungus by the CDC. **3.30** Three Indiana construction workers are found shot on a worksite. **4.00** The discovery of a woman's charred remains. **4.30** A Texas ex-con is arrested for a murder, but insists he's innocent.
5.00 **The Day I Should Have Died** The story of Declan Brady, who escaped an aircraft crash with his life.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Caught on Dashcam**
7.00 **Highway Patrol**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** Triple bill.
2.00 PM **Britain's Most Evil Killers** Raoul Moat.
3.00 **Murder Uncut**
5.00 **Forensics: Catching the Killer** Triple bill.
8.00 **World's Most Evil Killers** William Bonin.
9.00 **Murder in the Valleys** Examining the biggest criminal investigation in Welsh history after three generations of one family were killed in 1999.
11.00 **The Cheshire Murders**
1.15 AM **Love You to Death**
2.05 **Twisted Killers**
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.45 **Berlin: Stories of the City** Documentary.
9.45 **The Crusades**
1.00 PM **Beautiful Serengeti**
1.30 **Berlin: Stories of the City** Documentary.
2.30 **Ancient Apocalypse**
5.45 **The Crusades**
9.00 **Henry VIII and the King's Men** 1/4. Tracy Borman looks at Henry VIII through the eyes of the men who exploited his vulnerability. **10.00** 2/4. How Henry VIII entrusted a huge amount of power to the men around him. **11.00** 3/4. How the men around Henry VIII shaped the final part of his reign by treading carefully as the king became a tyrant.
12.00 M'T **Berlin: Stories of the City** Documentary.
1.00 **to 2.00** AM **Beautiful Serengeti**

SATURDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Peter O'Toole**
7.00 **Discovering: Joan Fontaine**
8.00 **The Directors**
9.00 FILM **Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★
10.45 **My Icon: Thierry Henry**
11.00 **What's My Name: Muhammad Ali**
2.10 PM FILM **Apollo 11** Documentary. (2019, U, 93min) ★★★★★
4.00 **Jackie Stewart**
6.00 **Game of Throws: Inside Darts** 1-3/3. A look behind the scenes of the 2023/2024 PDC World Darts Championship.
9.00 NEW SERIES **Dart Kings** 1/3. Documentary looking at the sport during the 1970s, 1980s and 1990s. *See feature, page 21.* ■ Entire series on Box Sets
10.00 **Hatton** Profile of Ricky Hatton.
12.00 M'T **Anatomy of Lies**
1.00 AM **Pete Doherty: Stranger in My Own Skin** Documentary.
3.00 **Jealous Guy: The Assassination of John Lennon**
4.50 **My Icon: Natasha Jonas**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Animal Babies**
8.00 **Beasts of the Big Blue**
11.00 **David Attenborough's Dragons and Damsels**
12.00 NOON **Monkey Life**
1.00 PM **Airborne**
2.00 **Monkey Island**
5.00 **David Attenborough's Galapagos** David explores the Pacific archipelago. **6.00** The unique species that live in the isolated habitat. **7.00** Exploring the differences between the 19 islands.
8.00 **Attack and Defend** How predators have evolved formidable means of surviving. **8.30** The keen eyesight and razor-sharp talons that help birds of prey.
9.00 **Jaguar Journals**
10.00 **Extreme Snakes: Australia**
11.00 **Extreme Snakes: Africa**
12.00 M'T **Attack and Defend**
1.00 AM **Jaguar Journals**
2.00 NEW SERIES **A Cheetah's Pride** Documentary following a pair of warring cheetahs.
3.00 **to 6.00** AM **Shadowlands**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.50 **History's Greatest Aircraft**
9.50 **Hitler's Secret Bomb**
10.50 **Traitors** Documentary.
12.00 NOON **Ancient Aliens**
2.00 PM **Great Escapes with Morgan Freeman** Double bill.
4.00 **How to Lose a War**
7.00 **Guns That Changed the Game** The quest to create innovative and lethal weapons. **8.00** A look into the development of machine guns. **9.00** Exploring how the Industrial Revolution evolved the use of cannons.
10.00 **Footprints of Civilisation** A look into the legacy of earlier civilisations on modern life.
11.00 **Ancient Aliens** Possible alien influences on human rituals. **12.00** M'T A fortress in Peru believed to be built by aliens. **1.00** AM Reports of UFOs during the Black Death.
2.00 **8 Days That Made Rome**
3.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Close Encounters Down Under**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **Murder by Medic**
4.00 **Killer USA** Triple bill.
7.00 **The Real Murders of Los Angeles** A Manhattan Beach police officer is gunned down during a routine traffic stop. **8.00** Evidence from a re-opened cold case points to an unlikely killer.
9.00 **Faces of Evil** Examining the nefarious deeds of Robert Berdella, known as the Butcher of Kansas City.
10.00 **Panic 9-1-1** A teenage girl tries to escape an alligator.
11.00 **Cold Case Files: DNA Speaks**
12.00 M'T **Family Massacre**
1.00 AM **Casey Anthony's Parents: The Lie Detector Test**
3.00 **Murder by Medic**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Secrets of the Zoo: North Carolina** Double bill.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Africa's Wild Side**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** A look into how animals battle for domination of hunting grounds in a remote region of Africa.
8.00 **The Incredible Dr Pol** The vet treats a horse with West Nile Virus and checks the health of a newborn kitten. **9.00** New edition It is one of Michigan's hottest summers on record, and the sweltering heat is taking a toll on both Dr Pol and the local farm animals.
10.00 **Africa's Deadly Kingdoms** A look at the wildlife of South Africa's west coast, a region pummelled by icy Atlantic waters and howling winds.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
11.00 **Combat Dealers: Reloaded**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Al Murray's Road to Berlin**
7.00 **Doing Da Vinci** A team construct Leonardo da Vinci's inventions, beginning by putting together his image of a tank. **8.00** The team run into difficulty trying to construct Leonardo da Vinci's largest design – a three-storey siege ladder.
9.00 **Storm Chasers** A tornado outbreak threatens havoc in Team Dominator's backyard. **10.00** Team Dominator take a serious risk to deliver a warning. **11.00** Team Dominator chase a tornado for a radar intercept.
12.00 M'T **Tsunami: Animal Instincts**
1.00 AM **Inside Avalanches**
2.00 **Combat Dealers**
4.00 **to 5.00** AM **Combat Dealers: Reloaded**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **China's 10 Deadliest Snakes with Nigel Marven**
10.00 **China's Secret Monkey Kingdom** Documentary.
11.00 **Equator: The Line of Life**
12.00 NOON **Africa**
2.00 PM **Africa from Above**
4.00 **China's 10 Deadliest Snakes with Nigel Marven**
5.00 **China's Secret Monkey Kingdom** Documentary.
6.00 **Equator: The Line of Life**
7.00 **Africa** Double bill of editions.
9.00 **Africa from Above** A fresh perspective of the continent. **10.00** The Kenyan Highlands and the vast savannahs.
11.00 **China's 10 Deadliest Snakes with Nigel Marven**
12.00 M'T **China's Secret Monkey Kingdom** Documentary.
1.00 AM **Equator: The Line of Life**
2.00 **Africa** Double bill of editions.
3.50 **Africa from Above**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **Deadly Secrets**
10.00 **Your Worst Nightmare**
12.00 NOON **Still a Mystery**
2.00 PM **Signs of a Psychopath**
4.00 **The Murder Tapes**
6.00 **Deadly Secrets** The case of a serial arsonist who murdered four people in a California store. **7.00** How Steven Willis' life was turned upside down when a family member was murdered.
8.00 **Blood Relatives** The destruction of a Georgia family's clean-cut reputation.
9.00 **The Curious Case of Natalia Grace: Natalia Speaks** Natalia and Michael face off in a fiery confrontation. **10.00** Natalia and Michael's confrontation comes to an unexpected end as details of her past in Ukraine emerge.
11.00 **Mean Girl Murders** A tragic accident reveals the dark side of social media.
12.00 M'T **Murder Among Friends**
2.00 AM **In Pursuit with John Walsh**
4.00 **to 6.00** AM **The Face of Evil**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Railroad Alaska**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Stars in Their Cars**
5.00 PM **Kindig Customs**
8.00 **Ant Anstead Master Mechanic** Ant looks to own a Alfa Romeo 158 before his child is born. **8.30** Ant finds a 1950s chassis. **9.00** Ant visits a specialist and gets more than he bargained for. **9.30** Ant is beginning to feel the pressure of his build. **10.00** A torn bicep threatens to derail the whole project. **10.30** Ant's 158 and injured arm are both progressing. **11.00** Ant hits week seven of his Alfa Romeo build. **11.30** Ant's engine for the Alfa 158 is still missing in action. **12.00** M'T Ant attempts to take the Alfa Romeo 158 to the US Grand Prix in Austin. **12.30** AM Ant's ambitious Alfa build enters the home stretch.
1.00 **Alaska Mega Machines**
2.00 **to 5.00** AM **Texas Metal**

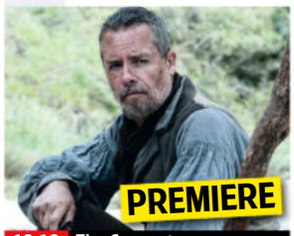
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.00 AM **The Night Before Christmas in Wonderland** Animation. (2024, U) ★★★★
8.35 **I.S.S** Thriller. (2023, 15) ★★★
10.15 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
11.55 **The Fall Guy** As 8.00pm.
2.05 PM **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
4.05 PREMIERE **The Convert**
6.15 **A Quiet Place: Day One** Horror. (2024, 15) ★★★★



10.10 The Convert

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

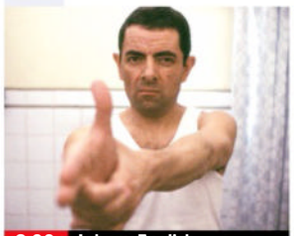
10.10 PREMIERE **The Convert** Action drama with Guy Pearce. A preacher is caught up in a tribal war. (2024, 15, 119min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Problemista** Comedy with Tilda Swinton and Julio Torres. (2024, 15, 104min) ★★★
2.15 **Abigail** Horror starring Melissa Barrera and Dan Stevens. (2024, 18, 105min) ★★★★
4.15 **to 6.00** AM **A Sudden Case of Christmas** Comedy starring Andie MacDowell and Danny DeVito. (2024, 12, 91min) ★★★

Sky Cinema Hits

303 403 503 517

6.30 AM **Jarhead** Military drama. (2005, 15, 123min) ★★★★
8.45 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
11.00 **Charlie Wilson's War** Satirical political comedy. (2007, 15, 97min) ★★★★
12.55 PM **Oppenheimer** Biopic. (2023, 15, 180min) ★★★★★
3.55 **The Bourne Identity** (2002)
6.00 **The Bourne Supremacy** Spy thriller starring Matt Damon. (2004, 12, 108min) ★★★★



8.00 Johnny English

8.00 **Johnny English** Comedy starring Rowan Atkinson as a bungling British spy entrusted with solving the theft of the Crown Jewels and thwarting a dastardly plot to seize the throne. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Johnny English Reborn** Comedy sequel starring Rowan Atkinson. Bungling secret agent Johnny English causes chaos on a global scale when he attempts to stop an assassination. (2011, PG, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★
1.40 AM **After Earth** Adventure. (2013, 12, 98min) ★★
3.30 **Arrival** Sci-fi drama with Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.05 AM **Goodbye Bafana** (2007)
8.15 **Ray** Biopic starring Jamie Foxx. (2004, 15, 152min) ★★★★
10.50 **Beach Rats** Coming-of-age drama. (2017, 15, 98min) ★★★
12.45 PM **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
2.55 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
5.30 **A Star Is Born** Romantic drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
8.00 **Schindler's List** Steven Spielberg's historical drama with Liam Neeson. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (1993, 15, 195min) ★★★★★
11.20 **Lost in Translation** Romantic comedy drama with Bill Murray. (2003, 15, 102min) ★★★★★
1.10 AM **Black Dog** Drama. (2023, 15, 96min) ★★★
2.50 **A Good Person** Zach Braff's drama starring Florence Pugh. (2022, 15, 129min) ★★★★
5.05 **Sky Cinema Preview**
5.45 **to 7.50** AM **Goodbye Bafana** Drama. (2007, 15, 118min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.45 AM **Resident Evil: Retribution**
9.35 **Ex Machina** As 2.10am.
11.35 **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
1.30 PM **Minority Report** Thriller. (2002, 12, 145min) ★★★★
4.10 **Resident Evil: The Final Chapter** Action horror sequel. (2016, 15, 107min) ★★★
6.10 **The Pope's Exorcist** Horror. (2023, 15, 103min) ★★★
8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
10.15 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr. A single parent battles to save the soul of his daughter. (2023, 15, 111 min) ★★★
12.20 AM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★
2.10 **Ex Machina** Sci-fi drama starring Domhnall Gleeson. (2014, 15, 104min) ★★★★
4.10 **Arcadian** Horror with Nicolas Cage. (2024, 15, 92min) ★★★★
5.50 **to 7.30** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

7.20 AM **Patch Adams** As 2.55am.
9.25 **Monster Trucks** Adventure. (2016, PG, 104min) ★★★
11.20 **Bicentennial Man** Sci-fi drama. (1999, PG, 131min) ★★★
1.40 PM **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12) ★★★★
4.00 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
5.50 **Addams Family Values** Black comedy sequel. (1993, PG, 92min) ★★★★

7.30 The Smurfs

7.30 **The Smurfs** Adventure with Neil Patrick Harris. The Smurfs are sucked into a magic portal that lands them in Manhattan. (2011, U, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **The Smurfs 2** Family adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their friends dash around Paris to thwart a wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **It Takes Two** Comedy starring Steve Guttenberg and Kirstie Alley. (1995, U, 97min) ★
1.00 AM **Batteries Not Included** Sci-fi fantasy starring Hume Cronyn and Jessica Tandy. (1987, PG, 105min) ★★★★
2.55 **Patch Adams** Fact-based comedy drama starring Robin Williams. (1998, 12, 115min) ★★
4.55 **to 7.05** AM **Ride On** Chinese action drama. Subtitled. (2023, PG, 126min) ★★★

Sky Cinema Stunts
307 407 507 521

7.55 AM **The Mechanic** (2011)
9.45 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
11.55 **The Karate Kid Part II** Martial arts family adventure sequel. (1986, PG, 113min) ★★
1.55 PM **The Karate Kid: Part III** Martial arts family adventure sequel. (1989, PG, 111min) ★
3.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
6.00 **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★

6.00 Top Gun

8.00 **Fast X** Action thriller sequel starring Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. With Jason Statham and Michelle Rodriguez. (2023, 12, 141min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Meg 2: The Trench** Action thriller sequel starring Jason Statham. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Crank** Action thriller starring Jason Statham. (2006, 18, 88min) ★★★★
2.05 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
3.45 **Project A, Part II** Hong Kong adventure sequel. Subtitled. (1987, 15, 94min) ★★★
5.35 **to 7.15** AM **Royal Warriors** Hong Kong thriller. Subtitled. (1986, 18, 96min) ★★★

Sky Cinema Comedy
308 408 508 522

6.00 AM **Sky Cinema Preview**
7.00 **Blue Hawaii** As 11.55pm.
8.45 **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★★★
10.20 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
12.15 PM **Game Night** Comedy. (2018, 15, 100min) ★★★★
2.00 **The Hangover** (2009) ★★★★
3.45 **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
5.55 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★

5.55 Parenthood

8.00 **The Hangover Part II** Comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Snack Shack** Comedy starring Conor Sherry and Gabriel LaBelle. Dreaming of striking it rich, two friends set out to fix up the local pool's rundown fast food booth. With Mika Abdalla. (2023, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Blue Hawaii** Musical starring Elvis Presley. Returning to Hawaii after military service, the son of a pineapple tycoon gets a job in a travel agency. (1961, PG, 103min) ★★
1.50 AM **The Sting** As 3.45pm.
4.10 **The Cinema List: Musicals**
4.25 **to 6.45** AM **Parenthood**

Sky Cinema Thriller
309 409 509 523

6.55 AM **American Star** (2023)
8.55 **The Saint** Crime thriller. (1997, 12, 116min) ★★★
11.05 **Absolution** Action thriller. (2024, 15, 112min) ★★★
1.05 PM **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
3.05 **The Island** Action thriller. (2005, 12, 136min) ★★★
5.25 **The Da Vinci Code** Conspiracy thriller starring Tom Hanks. (2006, 12, 149min) ★★★

5.25 The Da Vinci Code

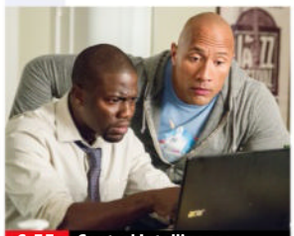
8.00 **Angels & Demons** Mystery thriller based on the novel by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **American Gigolo** Thriller starring Richard Gere. A highly paid gigolo is framed for murder. (1980, 18, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Young Master** Hong Kong martial arts comedy starring Jackie Chan. Subtitled. (1980, 15, 102min) ★★★★
2.30 **Sky Cinema Preview**
3.10 **Swallowed** Horror thriller. (2022, 18, 96min) ★★
5.00 **to 7.00** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Diary of a Wimpy Kid: The Long Haul** (2017, U) ★★
12.50 PM **Earth Vs the Flying Saucers** Sci-fi thriller. (1956, b/w, U, 83min) ★★★
2.35 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
5.00 **10 Things I Hate About You** Romantic teen comedy. (1999, 12, 97min) ★★★★
6.55 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★


6.55 Central Intelligence

Central Intelligence (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Cowboys & Aliens** Sci-fi Western starring Daniel Craig, Harrison Ford and Olivia Wilde. An amnesiac outlaw and a ruthless cattle baron join forces to repel an attack by invading space aliens. (2011, 12, 119min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Bad Boys** Comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★ **11 PM**
1.40 **to 3.50** AM **Pet Sematary** Horror based on the Stephen King novel, with Jason Clarke. (2019, 15, 101min) ★★★

+1 hour 314 430 47 301

Sky Cinema Best of 2024
302 402 502 516

6.00 AM **Jules** Comedy drama. (2023, 12, 87min) ★★★
7.35 **The Flash** Adventure with Ezra Miller. (2023, 12, 144min) ★★★
10.05 **Blue Beetle** As 10.00pm.
12.15 PM **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG) ★★★★
2.00 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
4.10 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
6.10 **Asteroid City** Sci-fi comedy starring Jason Schwartzman. (2023, 12, 105min) ★★★★
8.00 **Meg 2: The Trench** Thriller sequel starring Jason Statham. (2023, 12, 115min) ★★★
10.00 **Blue Beetle** Fantasy starring Xolo Maridueña. A relic of alien biotechnology chooses a college graduate as its symbiotic host. (2023, 12, 127min) ★★★★
12.10 AM **The Bricklayer** Crime thriller starring Aaron Eckhart. (2023, 15, 110min) ★★
2.10 **The Great Escaper** Drama starring Michael Caine. (2023, 12, 96min) ★★★★
3.55 **to 6.00** AM **Ordinary Angels** Drama. (2024, 12, 113min) ★★★

Sky Cinema Greats
304 404 504 518

7.00 AM **Blade Runner** Thriller. (1982, 15, 130min) ★★★★★
9.10 **It Came from Outer Space** Thriller starring Richard Carlson. (1953, b/w, PG, 81min) ★★★
10.40 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
12.25 PM **Inception** Sci-fi thriller starring Leonardo DiCaprio. (2010, 12, 148min) ★★★★★
2.55 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
5.45 **The Bourne Legacy** Spy thriller sequel. (2012, 12, 129min) ★★★
8.00 **The Bourne Supremacy** Spy thriller sequel starring Matt Damon and Franka Potente. (2004, 12, 108min) ★★★★
9.50 **The Bourne Ultimatum** Spy thriller sequel with Matt Damon. (2007, 12, 115min) ★★★★
11.50 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
1.55 AM **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★
3.45 **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★
5.35 **The Cinema List: Biopic**
5.55 **to 7.50** AM **Escape from Alcatraz** Fact-based drama. (1979, 15, 112min) ★★★★

Sky Cinema Animation
305 412 500 514

6.15 AM **Paws of Fury: The Legend...**
7.55 **Dragon Rider** Animated fantasy. (2020, PG, 91min) ★★★
9.30 **Ruby Gillman, Teenage Kraken**
11.05 **The Super Mario Bros Movie**
12.50 PM **The Pirates! In an Adventure with Scientists**
2.25 **Hotel Transylvania 2** (2015)
4.00 **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★★★
6.25 **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★★
8.05 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
9.40 **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★★
11.20 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
12.55 AM **Mary and the Witch's Flower** Animated adventure. (2017, U, 99min) ★★★
2.45 **Paws of Fury: The Legend of Hank** Animated comedy with the voice of Michael Cera. (2022, PG, 98min) ★★★
4.30 **Sky Cinema Preview**
5.05 **to 6.45** AM **The Ogglies** Animated family adventure. (2021, PG, 85min) ★★★

Christmas 24
312 419

7.00 AM **We Wish You a Married Christmas** Festive romantic comedy. (2022, PG, 84min) ★★
9.00 **Sister Swap: A Hometown Christmas** Festive comedy. (2021, PG, 90min) ★★
11.00 **A Royal Queens Christmas** Drama. (2021, PG, 84min) ★★
1.00 PM **Sugarplummed** Romantic drama starring Jessica Garcie. (2024, PG, 90min) ★★
3.00 PREMIERE **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy starring Rachel Boston. (2024, PG, 84min) ★★
5.00 **A Holiday Spectacular** Festive drama. (2022, PG, 90min) ★★
7.00 **Christmas Angel** Romantic comedy starring KC Clyde. (2009, PG, 87min) ★★★
9.00 **Haul Out the Holly** Festive comedy starring Lacey Chabert. (2022, PG, 90min) ★★
11.00 **#Xmas** Comedy with Clare Bowen. (2022, PG, 90min) ★★
1.00 AM **A Maple Valley Christmas** Romantic drama starring Peyton List. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **Sincerely Truly Christmas** Romantic fantasy. (2023, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **The Green Dolphin**
6.25 **The Gilded Cage** Crime thriller. (1955, b/w, PG, 77min) ★★
7.55 **Black Saddle** 8/24. (S2)
8.25 **Stingray** 4/39. (S1)
9.00 **Batman** 32/34. (S1)
9.30 **Space Patrol** 30/39. (S1)
10.00 **A Message From Mars** Drama. (1913, b/w, PG, 69min) ★★
11.10 **The Adventures of Robin Hood**
11.40 **Undersea Kingdom** 6/12. (S1)
12.00 NOON **One Step Beyond** (S2)
12.35 PM **Journey to the Seventh Planet** Adventure. (1962, U) ★★
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5** 5/39. (S1)
3.00 **Captain Scarlet and the Mysterons** 32/32. (S1)
3.35 **The Long and the Short and the Tall** World War Two drama. (1960, b/w, PG, 110min) ★★★★
5.40 **Berth 24** Short film.
6.25 **Beau Geste** 7/8. (S1)
7.00 **Z Cars** 15/31. (S10)
8.00 **Travelling Man** 1/7. (S2)
9.05 **Sands of the Kalahari** Drama. (1965, PG, 119min) ★★
11.25 **Malice** Thriller. (1993, 15) ★★★
1.35 AM **Full Moon in Blue Water** Comedy. (1988, 15, 94min) ★★
3.35 **The Flaw** (1955, b/w, PG) ★★
4.50 **Terminus** Short documentary.
5.30 **to 6.00** AM **The Law & Mr Jones**

Saturday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Soccer Saturday Pre-Match**
10.30 **Sky Sports News Special**
11.00 LIVE **EFL Blackburn Rovers v Burnley.** Coverage of the Championship match between the local rivals at Ewood Park. The sides shared the spoils in a 1-1 draw in August's reverse fixture, with Blackburn holding on for a point despite Makhtar Gueye's red card. Kick-off is at **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Brighton & Hove Albion v Arsenal.** Coverage of the Premier League match staged at the Amex Stadium. Brighton held the Gunners to a 1-1 draw at Emirates Stadium in August, with Arsenal taking the lead through Kai Havertz in the first half, before Declan Rice was sent off for them in the 49th minute, and Joao Pedro equalised for the Seagulls nine minutes later. Kick-off **5.30pm**.
8.30 LIVE **NFL** Coverage of a match in the 18th week of the season.
12.45 AM LIVE **NFL** A week 18 match.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Fantasy Show**
10.00 **Saturday Social**
11.00 **Premier League Stories**
11.30 **Fantasy Show**
12.00 NOON **Gillette Soccer Saturday: Build-Up**
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Brighton & Hove Albion v Arsenal.** Coverage of the Premier League match at the Amex Stadium. Kick-off **5.30pm**.
8.30 **Game of the Day**
10.30 **Premier League Highlights** Aston Villa v Leicester City. **11.00** Bournemouth v Everton. **11.30** Action from Manchester City v West Ham United.
12.00 M'T **SNF** Highlights from Brighton & Hove Albion v Arsenal.
12.30 AM **Premier League Highlights** Crystal Palace v Chelsea. **1.00** Southampton v Brentford.
1.30 **Premier League Highlights**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 1997/98**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup** The 2011 final.
8.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
9.00 **SPFL Highlights**
9.45 **Scottish Premiership Round-Up** Top-flight action.
10.00 **Saturday Social**
11.00 LIVE **EFL Blackburn Rovers v Burnley.** Coverage of the Championship match from Ewood Park. The sides shared the spoils in a 1-1 draw in August's reverse fixture at Turf Moor, with Blackburn holding on for a point despite Makhtar Gueye's 57th-minute red card. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
6.00 **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
6.30 **EFL Cup Highlights** Arsenal v Crystal Palace in a quarter-final. **7.00** Southampton v Liverpool.
7.30 **EFL** A replay of Blackburn Rovers v Burnley in the Championship.
9.30 **Scottish Premiership Round-Up** Top-flight action.
9.45 **SPFL Highlights**
10.30 PM **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **One-Day International Cricket** South Africa v Pakistan.
7.00 **Test Cricket** Recent action.
8.00 LIVE **Test Cricket South Africa v Pakistan.** Coverage of day two of the second Test in the two-match series from Six Sun Grill Newlands in Cape Town. The sides last met here in this format in 2019, when South Africa prevailed by nine wickets, but the hosts have lost two of the three Tests to be played here since then.
4.30 PM **Big Bash League**
6.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
6.45 **Blue for Bob** A Bob Willis tribute.
7.00 **Test Cricket** S Africa v Pakistan.
8.00 **Big Bash League**
9.00 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
10.00 **Big Bash League** Melbourne Stars v Melbourne Renegades.
11.00 **Test Cricket** S Africa v Pakistan.
12.00 M'T **Big Bash League** Melbourne Stars v Melbourne Renegades.
3.05 AM **Test Cricket** Recent action.
4.00 **Jimmy Anderson's Greatest Spells** Archive highlights.
4.45 **Blue for Bob** A Bob Willis tribute.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **Ryder Cup Memories**
8.00 **PGA Tour Golf** Highlights.
1.00 PM **PGA Tour Golf**
5.00 **Ryder Cup Memories**
6.00 LIVE **PGA Tour Golf** Coverage of the featured groups on day three of the Sentry Tournament of Champions, held at the Plantation Course at Kapalua in Hawaii.
9.00 LIVE **PGA Tour Golf** Further coverage of the third day of the Sentry Tournament of Champions.
1.00 AM **PGA Tour Golf**
3.00 **My Ryder Cup**
3.45 **Celebrity Kop Club**
4.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA & ATP Tennis** Coverage from the Tours.
12.30 PM **WTA Tennis** Miami Open.
1.00 **Tennis** Brisbane International .
3.00 **ATP Tennis** Hong Kong Open.
4.00 **Tennis** ASB Classic finals.
6.00 **WTA & ATP Tennis**
10.00 **ATP Tennis** A season review.
11.00 **Bitesize Tennis** Recent action.
11.15 **US Open Classic Matches**
11.30 **Bitesize Tennis** BOSS Open.
11.45 **US Open Tennis** The 1981 final.
12.00 M'T **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Test Cricket Australia v India.** Coverage of the second day of the fifth Test.
7.30 **T20 Cricket Highlights**
8.30 **Sign Up – Into Football**
9.15 **Premier League Reload**
9.30 **The Fantasy Show**
10.00 **Classic Premier League**
10.30 **Premier League Preview**
11.00 LIVE **Premier League Tottenham Hotspur v Newcastle United.** The top-flight match at Tottenham Hotspur Stadium. Kick-off is at **12.30pm**.
3.00 PM LIVE **Premiership Rugby Union Leicester Tigers v Exeter Chiefs.** Coverage of the match at Mattioli Woods Welford Road Stadium. Kick-off **3.05pm**.
5.15 LIVE **Premiership Rugby Union Saracens v Bristol Bears.** Coverage of the match at StoneX Stadium. Kick-off **5.30pm**.
7.45 **Premiership Rugby Union**
8.45 **Lomu: The Lost Tapes**
10.15 **TNT Sports Cricket Reload**
10.30 **Test Cricket Highlights**
11.30 PM **to 6.00** AM LIVE **Test Cricket Australia v India.** The third day of the fifth and final Test from Sydney Cricket Ground.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **A-League Newcastle Jets v Sydney FC.** K-o 6.00am.
8.00 **Premier League Preview**
8.30 LIVE **A-League Melbourne Victory v Western Sydney Wanderers.** Kick-off 8.35am.
10.30 **TNT Sports Reload**
11.00 **Premiership Rugby Union**
12.00 NOON **Cricket Highlights**
2.00 PM **Vendee Globe Highlights**
2.30 **TNT Sports Reload**
2.45 **Xtra Time** Post-match reaction.
3.15 **Test Cricket Highlights**
4.15 **TNT Sports Cricket Reload**
4.45 **What Went Down**
5.00 **No Filter Boxing**
5.15 LIVE **Serie A Fiorentina v Napoli.** The Italian top-flight match at Stadio Artemio Franchi.
7.00 **Test Cricket Highlights**
8.00 **Formula E Highlights**
9.00 **Vendee Globe Highlights**
9.30 **UEFA Champions League**
10.00 **NBA Highlights**
11.00 LIVE **NBA Brooklyn Nets v Philadelphia 76ers.** From Barclays Centre. Tip-off **11.00pm**.
1.30 AM LIVE **NBA Golden State Warriors v Memphis Grizzlies.** At Chase Centre. Tip-off **1.30am**.
4.00 **to 6.00** AM **A-League**

TNT Sports 3

417 874 529 410 432

6.45 AM **Premier League Reload**
7.00 LIVE **A-League Women Brisbane Roar v Canberra United.** Coverage of the match from Perry Park. Kick-off **7.00am**.
9.00 **Premier League Netbusters**
9.30 **Fishing: On the Bank**
10.30 **TNT Sports Cricket Reload**
11.00 **T20 Cricket Highlights**
3.00 PM **MLB Classic**
4.00 **For the Love of the Game with Laura & Ally**
5.00 **Formula E Flashback**
5.30 **Isuzu UTE A-League** Action from Newcastle Jets v Sydney FC. **6.30** Melbourne Victory v Western Sydney Wanderers.
7.30 **TNT Sports Reload**
8.00 **UEFA Champions League – Classics** Manchester United v AS Roma in the 2006/07 quarter-final second-leg.
8.30 **T20 Cricket Highlights** Action from the third and final T20 in the series between New Zealand and Sri Lanka at Saxton Oval.
9.30 PM **to 6.30** AM LIVE **One Day International Cricket New Zealand v Sri Lanka.** Coverage of the first ODI in the three-match series from Cello Basin Reserve.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
9.00 **One Jets Drive**
9.45 **NFL Bitesize Highlights**
10.00 **NFL Highlights** Action from San Francisco 49ers v Detroit Lions.
11.00 **NFL Bitesize Highlights**
11.30 **Jaguars Weekly UK**
12.00 NOON **NFL Highlights**
2.00 PM **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
2.30 **NFL Bitesize Highlights**
3.15 **Here Come the Irish**
4.00 LIVE **NCAA College Football Buffalo Bulls v Liberty Flames.** Coverage of the Bahamas Bowl staged at Thomas Robinson Stadium. Kick-off is at **4.00pm**.
7.30 **NFL Bitesize Highlights** Action from two week 17 matches. **8.00** Highlights from Green Bay Packers v New Orleans Saints. **8.15** Brief action from San Francisco 49ers v Detroit Lions.
8.30 LIVE **NFL** Coverage of a match in the 18th week of the season.
12.45 AM LIVE **NFL** A week 18 match.
5.00 **NFL Bitesize Highlights**
5.30 **Super Bowl LVIII Bitesize**
5.45 **to 6.00** AM **NFL Bitesize Hlts**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Test Cricket** Recent action.
7.00 **Big Bash League**
8.10 LIVE **Big Bash League Melbourne Stars v Melbourne Renegades.** The T20 match from Melbourne Cricket Ground.
11.30 **Best of the Big Bash League**
12.00 NOON **Big Bash League**
1.00 PM **World Darts Championship**
4.00 **30 Years of the World Champs**
4.30 **The Taylor Years** Phil Taylor.
5.00 **The Greatest Final 2007**
5.30 **Big Bash League**
7.30 LIVE **NCAA Basketball Cincinnati Bearcats v Arizona Wildcats.** Coverage of the college match at Fifth Third Arena in Cincinnati. Tip-off **7.30pm**.
9.30 LIVE **NCAA Basketball LSU Tigers v Vanderbilt Commodores.** Coverage of the college match at Pete Maravich Assembly Centre. Tip-off **9.30pm**.
11.30 **Test Cricket** Recent highlights.
12.30 AM **Big Bash League**
1.30 **World Darts Championship**
4.30 **The Greatest Final 2007**
5.00 **to 6.00** AM **Fight Night**

TNT Sports 4

421 876 530 411 434

6.00 AM LIVE **A-League Women Central Coast Mariners v Adelaide United.** Coverage of the match at Woy Woy Oval, New South Wales. Kick-off **6.00am**.
8.00 **Premiership Rugby Union**
9.00 **Ultimate Pool** Season review.
12.00 NOON **UEFA Champions League – Stories of the Finals**
12.30 PM **Sport in Focus**
1.00 **NBA** A match replay.
2.30 **NBA Action** Highlights.
3.00 **NBA on Fire** The latest news.
3.30 **NBA** Thunder v Knicks.
5.00 **NBA Originals** Archive action.
6.00 **NBA** A match replay.
7.30 **NBA Action** Highlights.
8.00 **NBA on Fire** The latest news.
8.30 **NBA** A chance to see Oklahoma City Thunder v New York Knicks.
10.00 **Serie A** Fiorentina v Napoli.
11.00 **Premiership Rugby Union**
2.00 AM **UEFA Champions League – Classics** Archive highlights.
3.00 **to 6.00** AM **Ultimate Pool**

Eurosport 1

413 870 521 412 435

6.00 AM **Winter Sport: Mia Brookes**
6.15 **Ski Jumping** From Innsbruck.
7.15 **Cross-Country Skiing**
8.15 LIVE **Alpine Skiing** Coverage from Kranjska Gora in Slovenia.
10.00 LIVE **Cross-Country Skiing** From Val di Fiemme in Italy.
11.00 LIVE **Alpine Skiing** Further coverage from Kranjska Gora.
12.30 PM LIVE **Ski Jumping** In Austria.
2.30 LIVE **Cross-Country Skiing** Further coverage from Italy.
3.30 LIVE **Freestyle Skiing** Coverage from Klagenfut, Austria.
5.10 **Ski Jumping** From Innsbruck.
6.05 **Alpine Skiing** From Slovenia.
7.05 **Ski Jumping** From Austria.
8.00 **Dakar Rally** Stage one in Bisha.
9.00 **Cyclo-Cross** In Gullegem.
10.00 **Snooker: Welsh Open**
12.00 M'T **Alpine Skiing** From Slovenia.
1.00 AM **Ski Jumping** In Innsbruck.
2.00 **Cycling: Strade Bianche**
4.00 **Cyclo-Cross** In Gullegem.
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Olympics: Triathlon**
7.00 **British Speedway**
8.00 **Dakar Rally** Action from Bisha.
9.00 **Snooker: World Championship**
11.00 **Cycling Highlights**
12.35 PM LIVE **Cyclo-Cross** The women's race from Gullegem.
1.30 **Cycling Highlights**
2.05 LIVE **Cyclo-Cross** Coverage of the men's race from Gullegem.
3.15 **Half Marathon des Sables: Jordan** The 13.1-mile race.
3.45 **Snooker Highlights**
6.00 **Cyclo-Cross** From Gullegem.
7.00 **Olympics: Swimming**
8.00 **Freestyle Skiing** In Klagenfurt.
9.00 **Ski Jumping** From Innsbruck.
10.00 **Alpine Skiing** From Slovenia.
11.00 **Dakar Rally** Stage one in Bisha.
12.00 M'T **Cyclo-Cross** In Gullegem.
1.00 AM **Australian Superbikes**
2.00 **Alpine Skiing** From Slovenia.
3.00 **Ski Jumping** From Innsbruck.
4.00 **Dakar Rally** Recent action.
5.00 **to 6.00** AM **Olympics: Cycling**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM LIVE **WTA & ATP Tennis** Coverage from the Tours.
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Swansea City v West Bromwich Albion.** Coverage of the Championship match at Swansea.com Stadium. West Brom claimed a 1-0 win in August's reverse fixture at the Hawthorns thanks to a goal by Jayson Molumby, but they have not won at this ground since 2018/19. Kick-off is at **12.30pm**.
3.00 **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
6.00 LIVE **PGA Tour Golf** Coverage of the featured groups on day three of the Sentry Tournament of Champions held at the Plantation Course at Kapalua in Hawaii.
9.00 LIVE **PGA Tour Golf** Further coverage of day three of the Sentry Tournament of Champions.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Darts

406 516 506 424 444

6.00 AM **World Darts Championship**
12.00 NOON **World Darts Championship** Recent action.
6.00 PM **World Darts Championship** Action from the opening day at Alexandra Palace in London. **7.00** The afternoon session on day two from Alexandra Palace. **8.00** Action from the evening session on day two in London. **9.00** Highlights from the afternoon session on day three at Alexandra Palace in London.
10.00 **World Darts Championship** Action from the evening session on day three at Alexandra Palace. **11.00** Action from day four at Alexandra Palace in London. **12.00** M'T Highlights from the afternoon session on day five at Alexandra Palace in London. **1.00** AM The evening session on day five from Alexandra Palace.
2.00 **to 6.00** AM **World Darts Championship**

SKY HD SD VIRGIN HD EE HD

Sunday

5 January

Evening Planner

Football

Premier League
Sky Sports Main Event & Sky Sports Premier League, from 1pm
Today's action features Fulham v Ipswich, followed by Liverpool v Manchester Utd.

Drama

Call the Midwife
BBC1, 8pm
As a new decade dawns in Poplar, the nuns and midwives support a pregnant teenager with devoutly religious parents.

Documentary

7/7: The London Bombings
BBC2, 9pm (box set, BBC iPlayer)
Twenty years on from the bombings, this four-part documentary takes a look at the attacks and the police investigation

Thriller

Playing Nice
ITV1, 9pm (box set, ITVX)
James McCardle (above) stars in this thriller about two families who discover their toddler sons were mixed up at birth.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 SAS Rogue Heroes		10.00 News	10.30 Match of the...
	102 BBC2	7.00 Cities: Nature's New Wild		8.00 Colombia with Simon Reeve		9.00 7/7: The London Bombings		10.00 Film: Walk the Line	
	103 ITV1	◂ 6.30 The Masked Singer		8.00 Ant & Dec's Limitless Win		9.00 Playing Nice		10.00 News	10.20 Film: No Time to Die
	104 CHANNEL 4	◂ 6.45 The World's Biggest...	7.45 The Great Pottery Throw Down			9.00 Celebrity Hunted		10.00 Gogglebox Festive Special	
	105 CHANNEL 5	7.00 The Sweets & Treats We Loved & Lost		8.00 22 Kids & a Wedding		9.00 Rich House, Poor House		10.00 2024: Celebs We Cancelled	
	106 SKY SHOWCASE	◂ 6.00 Film: Blithe Spirit		8.00 Airborne		9.00 Rob & Romesh vs Darts		10.00 Dynamo: Beyond Belief	
ENTERTAINMENT	115 BBC3	7.00 Film: Shrek the Third			8.25 Top Gear		9.25 The Traitors		10.30 The Traitors...
	116 BBC4	7.00 Wuthering Heights: The Read with...		8.00 Brontes...	8.25 Film: Jailhouse Rock			10.00 Double Cross: The True Story of the...	
	118 ITV2		7.10 Film: Johnny English Strikes Again			9.00 Family Guy			
	136 MORE4		7.10 Film: Dad's Army			9.00 Tsunami 2004: The Day the Wave Hit		10.00 24 Hours in A&E	
	135 E4		7.10 Film: The Simpsons Movie			9.00 Film: The Inbetweeners Movie			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Matlock	
	108 SKY ATLANTIC	◂ 6.45 The Day of the Jackal				9.00 Lockerbie: A Search for Truth		10.15 The Wire	
	110 U&GOLD	◂ 5.35 Only...	7.20 Dad's Army	8.00 Only Fools and Horses			9.40 Billy Connolly Does...		10.40 Alison...
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 QI		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.55 The Darling Buds of May		8.00 Doc Martin		9.00 Rosemary & Thyme		10.00 Agatha Christie's Poirot	
	120 ITV4	◂ 6.50 Film: Mission: Impossible				9.00 Film: Airplane!			
	112 COMEDY CENTRAL	◂ 6.55 Film: Brewster's Millions				9.00 Film: Working Girl			
	139 SKY SCI-FI	7.00 The Ark				9.00 Film: Megalodon: The Frenzy			
	113 SKY MAX	◂ 6.45 Based on a True Story				9.00 Rob & Romesh vs Darts		10.00 Dynamo: Beyond Belief	
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	◂ 6.40 Film: An American In Paris				9.00 Film: Sherlock Holmes and The Scarlet Claw			10.20 Clint Eastwood: A Life...
	132 U&W	7.00 Inside the Operating Theatre				9.00 Nurses on the Ward			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 On the Roam		10.00 Three Men Four Wheels	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Inside the SS		8.00 Lost Treasures of the Bible		9.00 JFK: The Lost Bullet		10.00 Secrets of Area 51	
	123 SKY HISTORY	7.00 Rome: Rise and Fall of an Empire				9.00 Royal B**tards: Rise of the Tudors			
	155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 One Foot in the Grave				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Film: Touching the Void				9.00 Anatomy of Lies		10.00 The Wimbledon Kidnapping	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.05 Godzilla x Kong: The New Empire		8.00 The Fall Guy					10.10 A Quiet Place: Day One
	302 BEST OF 2024	◂ 5.45 The Holdovers		8.00 One Life				10.00 Lee	
	303 HITS	◂ 6.10 Men in Black		8.00 Men in Black II			9.45 Men in Black 3		
	304 GREATS	◂ 5.55 Spider-Man		8.00 Spider-Man 2					10.10 Spider-Man 3
	305 ANIMATION		7.10 Cloudy with a Chance of Meatballs 2		8.50 Gnomeo & Juliet				10.20 Hotel Transylvania 3...
	306 FAMILY			7.25 Scooby-Doo 2: Monsters Unleashed		9.05 Hook			
	307 STUNTS	◂ 5.35 Fast X		8.00 The Beekeeper				10.00 Crank	
	308 COMEDY	◂ 5.55 Girls Trip		8.00 The Hangover Part III			9.45 Sixteen Candles		
	309 THRILLER	◂ 5.35 Angels & Demons		8.00 Inferno				10.05 Now You See Me	
	310 DRAMA	◂ 5.30 Jerry Maguire		8.00 Chicago				10.00 Ghost	
	311 SCI-FI	◂ 6.25 The Purge		8.00 I Am Legend			9.50 Five Nights at Freddy's		
	313 FILM4		7.05 Taxi			9.00 The Mechanic			
SPORT	401 MAIN EVENT	◂ 4.00 Super...	7.30 NFL – Live: Coverage of two week 18 matches						
	402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Transfer 360		8.30 PL Highlights	9.00 SNF	9.30 Premier League Highlights		
	403 FOOTBALL	7.00 EFL Highlights					9.45 EFL Highlights		
	404 CRICKET	7.00 Test Cricket		8.00 Big Bash League		9.00 Test Cricket		10.00 Big Bash League	
	410 TNT SPORTS 1	◂ 6.30 Serie A	7.30 Serie A – Live: AS Roma v Lazio (Kick-off 7.45)					10.00 Reload	10.30 Test Cricket...
	411 TNT SPORTS 2	◂ 5.00 Ultimate Pool		8.00 NBA Action	8.30 NBA – Live: Oklahoma City Thunder v Boston Celtics (Tip-off 8.30)				

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
7.40 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Pilgrimage: The Road Through North Wales** (S)(R)(AD)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Planet Earth: An Elephant's Tale** The struggles of a newborn elephant and its mother. (S)(R)(AD)
1.55 **Blue Planet II** (S)(R)(AD)
2.55 **Gladiators: Celebrity Special** With Rob Beckett, Joel Dommett, Ellie Taylor and Louise Minchin. (S)(R)
3.55 FILM **The Mask** Fantasy comedy with Jim Carrey and Cameron Diaz. (S) (1994, PG, 95min) ★★★★
5.30 **BBC News** (S)
5.50 **Local News** (S)

9.00 SAS Rogue Heroes

6 PM

6.00 Countryfile New edition John Craven visits Farmoor Reservoir in Oxfordshire, and introduces a selection of winter wildlife stories from around the UK from the *Countryfile* archives. (S)

7 PM

7.00 Antiques Roadshow New edition Fiona Bruce hosts from Firstsite contemporary art gallery in Colchester, where finds include a creepy goblin figurine, a 17th-century amulet and a porcelain plaque. (S)

8 PM

8.00 NEW SERIES **Call the Midwife** 1/8. Return of the drama. In March 1970, the team support a pregnant teenage girl whose parents believe in an immaculate conception. (S14) (S)(AD)

9 PM

9.00 SAS Rogue Heroes New episode 3/6. As the SAS advance through Italy, an order issued by Hitler threatens the fate of one of the captured soldiers. (S2) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day 2 Mark Chapman presents action from the latest Premier League matches, featuring Liverpool v Manchester United at Anfield and Fulham v Ipswich Town at Craven Cottage. (S)
11.30 **Have I Got Sport for You** Jason Manford hosts a light-hearted look back at the sport of 2024. (S)(R)
12.00 M'T **The Graham Norton New Year's Eve Show** With Robbie Williams, Rami Malek, Motsi Mabuse and John Bishop. (S)(R)
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.40 AM **Countryfile** (S)(R)
7.40 **Breakfast** (S)
9.00 **Weatherman Walking** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Nigel and Adam's Farm Kitchen** Nigel Slater and Adam Henson produce fresh versions of supermarket favourites. (S)(R)
12.00 NOON **Food & Drink** (S)(R)(AD)
12.30 PM FILM **Kelly's Heroes** Action comedy starring Clint Eastwood. (S) (1970, PG, 140min) ★★★★
2.50 FILM **Where Eagles Dare** World War Two adventure starring Richard Burton and Clint Eastwood. Allied commandos try to rescue a US general from a castle in the Bavarian Alps. (S) (1968, PG, 150min) ★★★★
5.20 **Flog It!** From Reading. (S)(R)

10.00 Walk the Line

6.15 NEW SERIES **Ski Sunday** Ed Leigh and Chemmy Alcott present action from the Big Air World Cup in Klagenfurt, Austria, paying particular attention to the progress of Great Britain's Mia Brookes. (S)

7.00 Cities: Nature's New Wild Footage of animals that have made their homes in urban environments around the world, including bats, otters and reticulated pythons. (S)(R)(AD)

8.00 Colombia with Simon Reeve The adventurer explores the country in the aftermath of the civil war, meeting guerrillas who have pledged to lay down arms, and farmers in need of government support. (S)(R)(AD)

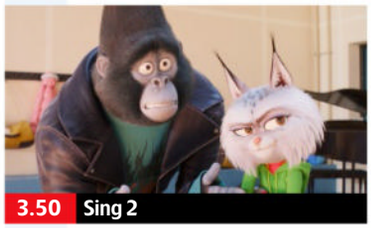
9.00 NEW SERIES **7/7: The London Bombings** 1/4. A look at the 2005 attack on London's transport system and the ensuing investigation. *See feature, page 20.* (S)(AD)
■ Continues tomorrow

10.00 FILM **Walk the Line** Biopic of country music legend Johnny Cash starring Joaquin Phoenix and Reese Witherspoon. Against the odds, Johnny Cash becomes a star, but he struggles to overcome alcohol and drug addiction until he is saved by the love of fellow singer June Carter. (S) (2005, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Sign Zone: Maria Callas: The Final Act** A celebration of the life of the opera singer. (S)(R)(AD)
1.10 **Sign Zone: Maggie Smith at the BBC** Celia Imrie narrates a celebration of the life and career of the actor. (S)(R)(AD)
2.10 **to 6.15** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **The Masked Singer** (S)(R)(AD)
7.20 **James Martin's Saturday Morning** With Gloria Hunniford. (S)(R)
9.25 **ITV News** (S)
9.30 NEW SERIES **Love Your Weekend with Alan Titchmarsh** With Kerry Godliman and Martin Shaw. (S)
11.25 **Fletchers' Family Farm** New edition The family compete in the Royal Cheshire Show. (S)(AD)
12.30 PM **The Royal Beat** New edition News about the Royal Family. (S)
1.30 **ITV News** (S)
1.40 FILM **The Goonies** Family adventure starring Sean Astin. (S)(AD) (1985, 12, 130min) ★★★★
3.50 FILM **Sing 2** Animated musical comedy sequel featuring the voices of Matthew McConaughey and Reese Witherspoon. (S)(AD) (2021, PG, 130min) ★★★★


3.50 Sing 2

6.00 ITV News (S)
6.15 Local News (S)
6.30 The Masked Singer New edition 2/8. Joel Dommett hosts as the remaining six incognito celebrities enter the competition. Special guest Vicky McClure joins panellists Maya Jama, Jonathan Ross, Davina McCall and Mo Gilligan. (S)(AD)

8.00 Ant & Dec's Limitless Win New edition Steve and Jordan finish their game, before husband-and-wife team Richard and Lorna get their chance to face the Limitless Ladder and win life-changing money. (S)(AD)

9.00 NEW SERIES **Playing Nice** 1/4. Thriller starring James Norton. Two couples discover their toddlers were switched at birth in a hospital mix-up. *See feature, page 4.* (S1) (S)(AD)
■ Continues tomorrow

10.00 ITV News (S)
10.20 FILM **No Time to Die** Action thriller starring Daniel Craig in his fifth and final outing as 007. James Bond sets off on the trail of an enigmatic villain armed with lethal new technology. With Léa Seydoux, Rami Malek, Ana de Armas and Christoph Waltz. (S)(AD) (2021, 12, 165min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Teleshopping**
3.00 **Motorsport UK** Recent action from Brands Hatch GP. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

5.50 AM **Cheers** 6-8/26. (S8) (S)(R)
7.10 **Frasier** 12-16/24. (S9) (S)(R)(AD)
9.30 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Lou Sanders, Carrie Hope Fletcher and Dr Rangan Chatterjee. Plus, music from Franz Ferdinand. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.25 FILM **Puss in Boots** Animated comedy adventure with the voices of Antonio Banderas, Salma Hayek and Zach Galifianakis. (S)(AD) (2011, U, 105min) ★★★★
4.10 FILM **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan. A woman hears a grieving widower pour his heart out on the radio and becomes convinced that he is the man of her dreams. (S)(AD) (1993, PG, 125min) ★★★★★

9.00 Celebrity Hunted

6.15 News (S)
6.45 The World's Biggest Cruise Ship The construction and launch of cruise ship *Icon of the Seas*, which at 20 decks high and almost a quarter of a mile long, has been crowned the world's biggest cruise ship. (S)(R)(AD)
7.45 NEW SERIES **The Great Pottery Throw Down** 1/10. Siobhán McSweeney and judges Keith Brymer Jones and Rich Miller welcome 12 more of Britain's best home potters to compete to become champion of the pottery. The judges set the hopefuls a salad set challenge, and a surprise second task – making identical sangria jugs that must survive the bucket of doom. (S)(AD)

9.00 NEW SERIES **Celebrity Hunted** Another group of celebrities attempt to evade capture for 14 days. A pair of fugitives jump in a horsebox, while two more head to the pub. (S)(AD)

10.00 Gogglebox Festive Special In a special edition of the show, the armchair critics review the best Christmas programming of 2024. (S)(R)(AD)
11.30 FILM **Fury** World War Two drama with Brad Pitt and Shia LaBeouf. (S) (2014, 15, 140min) ★★★
1.50 AM **The Simpsons** (S)(R)(AD)
2.35 **Ramsay's Kitchen Nightmares USA** Gordon visits an Italian restaurant in Michigan. (S)(SL)(R)
3.25 **Frasier** 6-10/24. (S7) (S)(R)(AD)
5.30 **Kirstie's Fill Your House for Free** A home stuck in the 1980s. (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.10 **NFL: End Zone** (S)
9.35 **Britain's Greatest Bridges** The Britannia Bridge. (S)(R)
9.45 **Cruising with Jane McDonald** Triple bill of editions. (S)(R)
12.35 PM **FILM The Fugitive** Action thriller starring Harrison Ford and Tommy Lee Jones. (S) (1993, 15, 155min) ★★★★★
3.10 **FILM Crocodile Dundee II** Comedy adventure sequel with Paul Hogan and Linda Kozlowski. Mick 'Crocodile' Dundee tackles a Colombian drug gang. (S) (1988, PG, 145min) ★★
5.35 **The Shocking Truth About Diet & Exercise** A look at the hazards of losing weight. (S)(R)

8.00 22 Kids & A Wedding

6.55 **News** (S)

7.00 **The Sweets & Treats We Loved & Lost** 1/2. Hayley Tamaddon narrates this nostalgic look at much-missed treats, starting with confectionery and crisps from the 1970s. (S)(R)

8.00 **NEW SERIES 22 Kids & a Wedding** The documentary following Noel and Sue Radford and their family returns, as their eldest daughter Millie prepares for her wedding. (S)

9.00 **NEW Rich House, Poor House** Millionaire Mike and his son Sam swap lives with single mum Claire, who has PTSD, and her daughter, trainee accountant Missy. (S)

10.00 **2024: Celebs We Cancelled** A one-off special charting the downfall of some of Britain's previously untouchable celebrities over the course of 2024. (S)(R)

11.15 **Most Shocking Celebrity Moments** Memorable incidents involving famous couples. (S)(R)
1.10 AM **PlayOJO Live Casino Show**
3.10 **World's Strongest Man** (S)(R)
3.50 **Britain's Greatest Bridges** London's Tower Bridge. (S)(R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Boosnoo! Mashups** (S)(R)
6.30 **LEGO Friends** (S)(R)
6.55 **Trolls: Trollstopia** (S)(R)(AD)
7.45 **Ultimate Magic Skills** (S)(R)
8.05 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion. (S)
10.00 **Shark: British Isles Special with Steve Backshall** (S)(R)
11.00 **FILM The Amazing Maurice** Animated adventure featuring the voices of Hugh Laurie and Emilia Clarke. (S)(AD) (2022, PG, 93min) ★★★★
1.00 PM **The Simpsons** (S)(R)
4.00 **FILM The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (S) (AD) (2016, 12, 113min) ★★★★

8.00 Airborne

6.00 **FILM Blithe Spirit** Comedy starring Isla Fisher, Dan Stevens and Leslie Mann. A spiritualist medium holds a seance for a writer, but accidentally summons the spirit of his deceased first wife. With Judi Dench and Emilia Fox. (S)(AD) (2020, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 **Airborne** New edition 2/4. The documentary explores how animals defy gravity to gather food on the ground, in the canopy and high in the air.

9.00 **Rob & Romesh vs Darts** Rob and Romesh meet professionals including Luke Littler as they prepare to play a match at Alexandra Palace during the PDC World Darts Championship. (R)

10.00 **Dynamo: Beyond Belief** 1/3. Following the magician on a worldwide tour, as well as charting his road to recovery from a career-threatening illness brought on by Crohn's disease. (S)(R)(AD)

11.00 **Dynamo: Beyond Belief** 2/3. The magician faces difficulties as his medication starts to take hold. (S)(R)(AD)
12.00 M'T 3/3. An encounter in Mexico might prove to be a step too far. (S)(R)(AD)
1.00 AM **The Force: Manchester** (R)
2.00 **Brit Cops: Frontline Crime UK**
3.00 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm Sportscene: Premiership Highlights (S)(R) **1.00am** Have I Got Sport for You (S)(R) **1.30** The Graham Norton New Year's Eve Show (S)(R) **2.30** Weather for the Week Ahead (S) **2.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Ty am Ddim **10.00** Sain Ffagan (AD) **10.30** Iaith ar Daith **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Cymru Wylit **1.00pm** Llond Bol O Sbaen **2.00** Y Fets (AD) **2.30** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **3.00** Am Dro! (AD) **4.05** Dathlu Dewrder 2024 **5.05** Cefn Gwlad (AD) **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Ar y Ffin New episode (AD) **10.00** Ralio yn 20 **11.00-11.35pm** Pobol y Rhondda

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **FILM Shrek the Third** Animated comedy adventure sequel featuring the voices of Mike Myers, Eddie Murphy, Cameron Diaz, Antonio Banderas, Rupert Everett and Justin Timberlake. Grumpy green ogre Shrek is daunted by the prospect of becoming king – and a new father. (2007, U, 88min) ★★★★
8.25 **Top Gear** Richard Hammond pays tribute to the Land Rover. With guests Will Smith and Margot Robbie.
9.25 **The Traitors** 1/12. Host Claudia Winkleman welcomes a new group of strangers to the Scottish mansion to play the game of detection and backstabbing.
10.30 **The Traitors: Uncloaked** 1/12. Ed Gamble presents the companion show.
11.00 **People Just Do Nothing**
12.00 M'T **Drugs Map of Britain**
1.00 AM **Brickies**
1.30 **Peacock**
2.25 **People Just Do Nothing**
3.25 **to 3.55** AM **Brickies**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **NEW Wuthering Heights: The Read with Vinette Robinson** Bradford-born actor Vinette Robinson narrates Emily Brontë's *Wuthering Heights*.
8.00 **The Brontës Lived Here: Writers' Houses** Margaret Drabble visits the childhood home of the Brontë sisters.
8.25 **FILM Jailhouse Rock** Vintage musical starring Elvis Presley. A young convict learns to play the guitar and soon begins to rock the prison walls. (1957, b/w, U, 96min) ★★★★
10.00 **Double Cross: The True Story of the D-Day Spies** The true story of five of the double agents who helped make D-Day such a success.
11.00 **D-Day: The Last Heroes**
1.00 AM **Double Cross: The True Story of the D-Day Spies** As 10.00pm.
2.00 **Wuthering Heights: The Read with Vinette Robinson** As 7.00pm.
3.05 **to 3.25** AM **The Brontës Lived Here: Writers'...**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Beeswax candles.
9.15 **George Clarke's Amazing Spaces** A stargazing cabin.
10.05 **George Clarke's Old House, New Home**
11.10 **Come Dine with Me**
1.50 PM **Four in a Bed**
4.30 **Come Dine with Me** Lawyer Michelle is the first to host in south London. **5.00** Pub manager Matt hosts the second meal. **5.30** Licia plans a laid-back evening on night three.
6.05 **Come Dine with Me** Raphael plans a Caribbean-themed evening on night four. **6.35** Businesswoman Charlotte hosts the final party in south London.
7.10 **FILM Dad's Army** Comedy spin-off starring Arthur Lowe as the commander of an incompetent Home Guard platoon in wartime Britain. (1971, U, 95min) ★★★★
9.00 **Tsunami 2004: The Day the Wave Hit** 1/2. An account of the December 2004 tsunami.
10.00 **24 Hours in A&E** A woman is brought in with suspected sepsis.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **Tsunami 2004: The Day the Wave Hit**
1.15 **24 Hours in A&E**
2.20 **Emergency Helicopter...**
3.25 **to 3.55** AM **Father Ted**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.30 **We're Going on a Bear Hunt** Animated adventure.
8.00 **Don't Tell the Bride**
10.05 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Modern Family**
2.55 **The Great New Year Bake Off 2024/25**
4.20 **The Big Bang Theory** Six episodes, including at: **6.45** 17/23. The pals try to start a conversation with a sci-fi star. (S2)
7.10 **FILM The Simpsons Movie** Animated comedy with the voices of Dan Castellaneta, Julie Kavner and Nancy Cartwright. Homer Simpson must save Springfield after he single-handedly causes a disaster. (2007, PG, 83min) ★★★★★
9.00 **FILM The Inbetweeners Movie** Comedy spin-off starring Simon Bird, James Buckley, Blake Harrison and Joe Thomas. Will, Jay, Neil and Simon make all the wrong moves on a lads' holiday to Crete. (2011, 15, 97min) ★★★★
11.00 **Open House: The Great Sex Experiment**
12.05 AM **Gogglebox**
1.05 **Naked Attraction**
3.05 **Modern Family**
3.55 **Hollyoaks Omnibus**
5.00 **to 6.00** AM **We're Going on a Bear Hunt**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **UK Border Force**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Caught Red Handed** A computer shop owner who tracked down a burglar. **10.45** The story of a post office under savage attack. **11.30** A violent robber returns to the scene of his crime. **12.15** PM An antiques thief takes some expensive lamps.
1.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

11.00 Fire Country

7 PM
7.00 **Nothing to Declare** Officers are concerned by a passenger's behaviour. **7.30** A man who may be using a false body part.

8 PM
8.00 **Nothing to Declare** An odd smelling package arrives at the mail centre. **8.30** A group of foreigners make a daring escape.

9 PM
9.00 **Blue Bloods** *End of Tour:* 18/18. The Reagan family race to stop mayhem in the city when the gangs of New York unite. (S14)

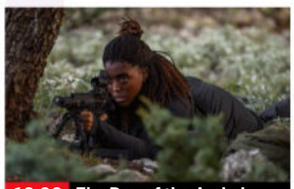
10 PM
10.00 **Matlock** *Sixteen Steps:* 6/10. Olympia and Julian revisit a case involving contaminated baby formula and a death. (S1)
11.00 **Fire Country** 17/22. (S1)
12.00 M'T **FBI: International** 18/21. The Fly Team head to Vienna to investigate why a boat was targeted. (S1)
1.00 AM **Caught on Dashcam**
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.10 **Succession** 10/10. (S4)
10.00 **The Day of the Jackal** Nine episodes, including at: **3.40** PM 6/10. The assassin must escape his captors and prepare for his next hit. **4.40** 7/10. The assassin and Bianca both descend on Tallinn. **5.40** 8/10. Bianca starts to dig into the past of Duggan. **6.45** 9/10. Ulle Dag Charles believes himself safe on his Croatian island. (S1)


10.00 The Day of the Jackal

7.45 **The Day of the Jackal** 10/10. A wanted man, the assassin is on the run and desperate to get back to Nuria, but Bianca is given one last shot at bringing the hitman to justice. (S1)

9.00 **Lockerbie: A Search for Truth** 1/5. Drama about Jim and Jane Swire's fight for justice for their daughter, who died in the Lockerbie bombing. (S1)
10.15 **The Wire** *Homecoming:* 6/12. Colvin gives his men licence to force dealers out to the free zone. (S3)
11.15 **The Time Traveler's Wife** (S1)
12.20 AM **Big Little Lies** 2/7. Ed confronts Madeline about her secrets. (S2)
1.25 **Gomorrah** 3&4/12. (S2)
3.40 **The Guest Wing**
4.50 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Bondi Rescue**
7.00 **Highway Patrol**
8.00 **FILM Stargate: Ark of Truth** Sci-fi adventure spin-off. (2008, 12, 97min) ★★★
10.00 **From** 6–10/10. (S2)
3.00 PM **Based on a True Story** Six episodes, including at: **5.15** 4/8. Ava and Nathan try to rekindle their relationship. **6.00** 5/8. Nathan plays a tennis match of redemption. **6.45** 6/8. Matt gives in to his dark desires as he and Tory plan their wedding. (S2)

9.00 Rob & Romesh vs Darts

7.30 **Based on a True Story** *Shotgun Wedding:* 7/8. Ava realises her obsession has become an addiction. **8.15** *This Week's Guest:* 8/8. Ava and Nathan appear on a game show with deadly stakes. (S2)

9.00 **Rob & Romesh vs Darts** The boys play a match at Alexandra Palace during the World Championship.

10.00 **Dynamo: Beyond Belief** 1/3. The magician goes on tour around the globe and charts his road to recovery from an illness.
11.00 **Dynamo: Beyond Belief**
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK** Documentary following Britain's police as they wage war against crime.
3.00 **Road Wars** Tracking a car loaded with drugs.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.30 **Dress to Impress**
11.30 **Celebrity Catchphrase**
12.30 PM **Ant & Dec's Limitless Win**
1.30 **The Masked Singer**
3.00 **FILM How to Train Your Dragon 2** Animated fantasy adventure sequel. (2014, PG, 102min) ★★★★
5.05 **FILM Jumanji** Fantasy adventure starring Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★★★

7.10 Johnny English Strikes...

7.10 **FILM Johnny English Strikes Again** Comedy sequel starring Rowan Atkinson and Ben Miller. A sinister cyber attack sees the hapless secret agent sent on a mission in the south of France. (2018, PG, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Family Guy** 19/22. Lois meets one of her former boyfriends. **9.35** 20/22. Stewie plans a trip to England. (S3)

10.00 **Family Guy** 11/22. Stewie is horrified when Peter and Lois decide to have a baby. **10.35** 12/22. The Griffins are forced to move. (S3)
11.05 **American Dad!** 17&11/22. Double bill of the series. (S16)
12.05 AM **Bob's Burgers** (S7)
1.00 **The Emily Atack Show**
1.45 **World's Funniest Videos**
2.45 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **A Touch of Frost**
8.10 **Inspector Morse**
10.25 **The Durrells**
12.30 PM **Agatha Christie's Poirot**
1.35 **Midsomer Murders**
3.30 **The Darling Buds of May** *Oh! To Be in England – Part One:* Pop sets his sights on the contents of a widow's home. **4.40** *Oh! To Be in England – Part Two:* Preparations get under way for the christening. **5.40** *Stranger at the Gates – Part One:* Charley is jealous of a handsome Danish visitor.

9.00 Rosemary & Thyme

6.55 **The Darling Buds of May** *Stranger at the Gates – Part Two:* Mariette and Charley locate Pieter and beg him to stay.

8.00 **Doc Martin** *Old Dogs:* 1/9. The villagers find themselves forced to deal with the threat of a mystery mugger. (S2)

9.00 **Rosemary & Thyme** *And No Birds Sing:* The sleuths investigate when a wealthy businessman is found unconscious.

10.00 **Agatha Christie's Poirot** *Death on the Nile:* The sleuth investigates the murder of an heiress on board a steamer in Egypt.
11.55 **Lewis** *Pilot:* The inspector and his sidekick investigate the murder of a talented maths student, and the prime suspect is the victim's ex-boyfriend.
2.00 AM **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
3.00 PM **Open All Mics** Updates on today's football from around the grounds in Scotland.
5.00 **This Is BBC Scotland**
7.00 **The Seven**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Hibernian v Rangers.
8.45 **Icons of Football** A profile of Joe Jordan.
9.00 **Rikki** The life and legacy of Rikki Fulton.
10.00 **Scotch & Wry** Hogmanay comedy from Rikki Fulton and his team.
10.50 **Still Game** 1/6. Jack and Victor discover that gadgets make life anything but easier. (S7)
11.20 **Best of Chewin' the Fat** Highlights show.
11.50 PM **to 12.00** M'T **Short Stuff** Comedy featuring Scottish talent.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S3)
10.25 **Fantasmas** 1–6/6. (S1)
2.05 PM **The Righteous Gemstones** Nine episodes, including at: **7.25** 8/9. Jesse deals with the fallout from a dramatic Easter Sunday. **8.05** 9/9. Eli starts to question the future of his children in the Gemstone ministry. (S1)
9.00 **Rosie Molloy Gives Up Everything** 1/6. After an embarrassing incident at a wedding, a woman decides to change her life by freeing herself of her many addictions. **9.35** 2/6. Rosie decides it is better to cut down than give up. (S1)
10.10 **Ricky Gervais: Fame**
11.40 **Sex and the City** (S3)
1.05 AM **Flight of the Conchords** 3&4/12. (S1)
2.15 **Jerrod Carmichael Reality Show**
3.30 **to 5.00** AM **The Righteous Gemstones**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **André Rieu: Songs from My Heart**
8.30 **Tales of the Unexpected**
11.05 **Alfred Hitchcock Hour**
1.15 PM **FILM South Pacific** Wartime musical with Mitzi Gaynor. (1958, U, 151min) ★★★★
4.00 **Eric Clapton's Crossroads Live In LA**
6.40 **An American In Paris** An aspiring painter meets the woman of his dreams while living as an expatriate in Paris.
9.00 **FILM Sherlock Holmes and the Scarlet Claw** Murder mystery starring Basil Rathbone and Nigel Bruce. (1944, b/w, PG, 74min) ★★★
10.20 **Clint Eastwood: A Life in Film** The actor talks about his life and career.
12.05 AM **Sean Connery vs James Bond**
1.20 **Fellini by Fellini**
2.45 **Decoding Turner**
4.40 **to 6.00** AM **Classic Albums**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Moominvalley**
8.45 **Critters TV**
9.00 **Monkey Life**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Cops**
6.00 **Road Wars**
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** The murders of Robert Napper, known as the Plumstead Ripper. **10.00** Peter Moore, the killer dubbed 'The Man in Black'.
11.00 **Snapped** Sarah Mitchell.
12.00 M'T **Caught on Dashcam** Documentary.
1.00 AM **Brit Cops: Rapid Response**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Buying the View**
8.00 **The Real Housewives of Jersey** Reality series.
9.00 **John and Lisa's Food Trip Down Under**
10.00 **Scott's Vacation House Rules** Double bill.
12.00 NOON **Real Housewives of New Jersey**
1.50 PM **Celebrity Dinner Date** Triple bill.
4.55 **Gary Barlow's Wine Tour: South Africa**
6.00 **Dermot O'Leary's Taste of Ireland**
7.00 **Celebrity Dinner Date**
8.00 **Fletchers' Family Farm**
9.00 **FILM The Other Woman** Comedy starring Cameron Diaz. (2014, 12, 107min) ★★
11.20 **Botched: Outrageous Celebrity Patients**
11.50 **Botched** Medical series.
12.15 AM **Dr. 90210**
1.05 **Buying the View**
1.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **GREAT! Movie News**
8.10 **Highway to Heaven**
9.20 **Murder She Wrote: The Last Free Man**
11.10 **Murder She Wrote: South by Southwest**
1.10 PM **Murder, She Wrote: A Story to Die For**
3.05 **Murder, She Wrote: The Celtic Riddle**
5.00 **Murder, She Wrote** Four episodes, including at: **8.00** *A Body to Die For:* A gym instructor is accused of murder.
9.00 **Aurora Teagarden Mysteries: Haunted by Murder** Crime drama.
10.50 **Aurora Teagarden Mysteries: How to Con a Con** Thriller.
12.40 AM **The Avengers** (S6)
1.50 **The Avengers** (S6)
3.00 **Randall and Hopkirk (Deceased)** 9/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.25 **The Protectors**
7.00 **Motorsport Mundial**
7.30 **Auto Mundial**
8.00 **Motorsport UK**
9.00 **English Football League Highlights** Recent action.
10.30 **Cadfael**
12.05 PM **Sharpe** *Sharpe's Rifles:* Sharpe is promoted for saving General Wellesley's life and sent behind enemy lines to rally Spanish support.
2.15 **Monster Carp** Four editions of the fishing series.

9.00 Airplane!

6.50 **FILM Mission: Impossible** Action thriller starring Tom Cruise and Jon Voight. An undercover agent devises a risky plan to expose the traitor who betrayed him and his colleagues. (1996, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Airplane!** Spoof of air-disaster movies with Robert Hays. When an entire crew are stricken with food-poisoning, the plane falls into the hands of a former pilot. (1980, 12, 90min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **River Monsters** A monster washes up on a UK beach.
11.55 **The Sweeney**
12.55 AM **Minder**
1.55 **Auto Mundial**
2.25 **Motorsport Mundial**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Fantasy Island** 6-10/10. (S1)
3.10 PM **The Ark** 7/12. After an attempted murder, the crew work together to find who is responsible before it's too late. **4.00** 8/12. The crew must outsmart the mutineers. **5.00** 9/12. Captain Garnet attempts diplomacy with a long-standing enemy. **6.00** 10/12. Captain Garnet and Ian are trapped in the empty ship. (S2)

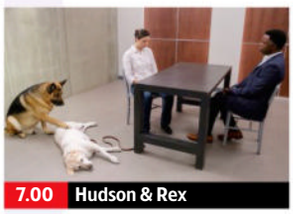
9.00 Megalodon: The Frenzy

7.00 **The Ark** *It Will Be Over Soon:* 11/12. Strickland makes a decision that balances the needs of the crew with what is right.
8.00 **The Ark** *Fortunate:* 12/12. The crew arrive somewhere that seems too good to be true, and it just might be. (S2)
9.00 **FILM Megalodon: The Frenzy** Thriller starring Eric Roberts. The crew of the USS *King* are left to save the day when scientists accidentally release five gigantic sharks into the ocean. (2023, 15, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Stephen King on Screen**
1.00 AM **Wynonna Earp** 11/12. Wynonna and Waverly take two different and dangerous paths to save Purgatory. **2.00** 12/12. Big decisions are revealed when a new witch makes herself known. (S4)
3.00 **The Swarm** 5&6/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
10.00 **Father Brown**
11.00 **Death in Paradise** Six episodes of the drama, including at: **3.00** PM 8/9. The Commissioner is confronted by the very last person he was expecting to see. (S11) **4.20** 1/8. An eminent astronomer dies in mysterious circumstances, while Darlene anticipates a change of job. **5.40** 2/8. A member of a commune is poisoned in a locked bunker. (S12)


7.00 Hudson & Rex

7.00 **Hudson & Rex** *Rex to Riches:* 5/16. A stock market guru's fortune is stolen, setting Charlie and Rex on the trail of a thief.
8.00 **Hudson & Rex** *Dead Man's Bridge:* 6/16. Charlie and Rex race against time to prevent a case from blowing sky high. (S4)
9.00 **Father Brown** *The Angel of Mercy:* The priest is suspicious when Mrs McCarthy's friend dies in her sleep.
10.00 **Death in Paradise** *Murdering Lyrical:* 7/9. A reggae rap artist is shot dead at a soundcheck for a concert. (S11)
11.20 **Death in Paradise** 8/9. When a chess match ends in murder, the team members have to work out how and why the killing was carried out. (S11)
12.40 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **The Two Ronnies**
8.05 **Only Fools and Horses**
12.45 PM **Only Fools and Horses** Christmas special from 2003. The Trotters need money. **2.20** Five years after finally achieving their lifelong dream of becoming millionaires, the Trotters jet off to Monte Carlo. **3.55** Trotters Independent Traders embarks on a booze cruise to France under new managing director Rodney. **5.35** Christmas special from 1993. Del visits the dentist.

10.40 Billericay to Barry

7.20 **Dad's Army** Corporal Jones finds himself cast adrift during a training exercise.
8.00 **Only Fools and Horses** Del and Rodney have only two weeks to pull together the cash they need to pay the Inland Revenue, or face losing their cherished flat.
9.40 **Billy Connolly Does...** Billy tackles heroes and villains, both public and personal, including the Swiss and their expletive-inducing 'neutrality.
10.40 **Alison & Larry: Billericay to Barry** *Gavin & Stacey's* Alison Steadman and Larry Lamb take a 210-mile road trip from Billericay to Barry Island.
11.40 **Only Fools and Horses** As shown at 5.35pm.
1.30 **to 4.00** AM **Bottom Live**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Rick Stein's Far Eastern Odyssey** From Bangladesh.
8.00 **Storage Hunters UK**
9.30 **Speed with Guy Martin**
11.00 **Top Gear** Double bill.
1.00 PM **American Pickers: Best Of** Double bill of editions.
3.00 **Gino's Italian Escape: Islands in the Sun** Double bill.
4.00 **Gino's Italian Escape: Hidden Italy** Double bill.
5.00 **Motorhoming with Merton & Webster**
6.00 **The Lakes with Simon Reeve** A visit to the Lake District.

7.00 Special Ops: To Catch...

7.00 **NEW SERIES Special Ops: To Catch a Criminal** Following the investigations of specialist police units. ■ Entire series on U
8.00 **QI** Sandi Toksvig, Hannah Waddingham, Desiree Burch and Jason Manford look at animals that begin with the letter 'T'.
9.00 **Have I Got a Bit More News for You** Clive Myrie hosts, with comedian Jon Richardson and journalist Marianna Spring.
10.00 **QI** With Jo Brand, Sean Lock and Rich Hall.
10.40 **Mock the Week** With Ed Byrne, Gary Delaney and Josh Widdicombe.
11.20 **Mock the Week** Featuring guests Rob Beckett, Gary Delaney, Sara Pascoe and Romesh Ranganathan.
12.00 M'T **Red Dwarf** Triple bill.
2.00 AM **Survivor South Africa**
3.00 **to 4.00** AM **Release the Hounds**

+1 hour 211/212 327 74

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **A Place in the Sun**
7.00 **Britain's Extreme Weather 2024**
8.00 **FILM Indiana Jones and the Kingdom of the Crystal Skull** Action adventure sequel starring Harrison Ford and Cate Blanchett. The archaeologist tries to stop Soviet agents from seizing a legendary crystal skull. (2008, 12, 122min) ★★★
10.20 **FILM Scarface** Crime thriller starring Al Pacino about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. With Michelle Pfeiffer. (1983, 18, 163min) ★★★★
1.40 AM **Gogglebox Festive Special**
3.15 **8 Out of 10 Cats Does Countdown**
4.20 **to 4.50** AM **A Place in the Sun**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4)
1.05 PM **NCIS** Eight episodes of the series, including at: **5.00** 14/24. The wives of two Marines are killed. **6.00** *Head Case:* 15/24. A Marine's severed head is found in a car boot. **7.00** *Family Secret:* 16/24. The team suspect that a desperate US Marine has faked his own death. **8.00** *Ravenous:* 17/24. The agents are called to a national forest where several women have gone missing. (S3)
9.00 **Criminal Minds** *Hashtag:* 7/23. The team establish a link between murders in Maryland. (S10)
10.00 **Law & Order: Special Victims Unit** (S11 &24)
2.50 AM **Criminal Minds**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Entertainment News**
8.10 **Car Pound Cops**
8.45 **100 Embarrassing Dads**
10.55 **Clips to Make You Cry**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **7.00** A 999 call leads to a drugs bust for Liam. **8.00** A 20-strong team raid houses linked to a suspected drug dealer.
9.00 **Police: Suspect No 1** People are subject to attacks in their home.
10.00 **NEW SERIES Making a Serial Killer** The life and crimes of William Reece.
11.00 **Murdered for Revenge**
12.00 M'T **NEW Evil Among Us: Ted Bundy** The killer and his psyche.
2.10 AM **GPs: Behind Closed Doors** Medical series.
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.35 **Trucking Hell**
1.35 PM **FILM Cast a Giant Shadow** Biopic of 1948 Arab-Israeli war hero 'Mickey' Marcus. (1966, PG, 141min) ★★
4.20 **FILM Rooster Cogburn** Western sequel starring John Wayne. (1975, U, 108min) ★★★
6.35 **FILM They Who Dare** World War Two drama starring Dirk Bogarde. (1953, U, 107min) ★★
9.00 **FILM Fire Down Below** Action thriller starring Marg Helgenberger. (1997, 18, 101min) ★
11.05 **FILM Hurricane** World War Two drama starring Iwan Rheon. A squadron of Polish pilots arrive to aid the Royal Air Force in the Battle of Britain. (2018, 15, 107min) ★★★
1.20 AM **Trucking Hell**
3.20 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point: Lucky Stars** Triple bill.
9.00 **Tipping Point: Lucky Stars Christmas Special**
10.00 **Tipping Point: Lucky Stars** Quiz show.
11.00 **My Family** Six episodes.
3.00 PM **Outnumbered**
7.00 **Inside the Operating Theatre** A three-year-old needs to have an operation on his tongue. **8.00** A patient has keyhole surgery in order to repair his hernia, but things go wrong.
9.00 **Nurses on the Ward** Paediatric nurse Mahbuba treats a girl with a brain tumour. **10.00** Rebecca treats a deaf cardiac patient and military nurse Scott cares for a struggling asthmatic.
11.00 **The Good Fight**
1.10 **to 3.00** AM **MasterChef Canada: Back to Win**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **The Bill**
12.00 NOON **Lark Rise to Candleford**
2.40 PM **Catherine Cookson's Tilly Trotter** Period drama.
6.45 **Last Tango in Halifax** 3/4. Caroline gains an unwanted lodger. (S5)
8.00 **Sister Boniface Mysteries** *Scoop:* 5/10. A high-level government official's secretary is found dead. (S1)
9.00 **The First Lady** Series finale *Victory Dance:* 10/10. Franklin gifts Eleanor the charter for the League of Nations. (S1)
10.15 **Silent Witness** *A Special Relationship:* American diplomat Ryan Reed is shot dead.
12.20 AM **Leonardo**
1.35 **Rebellion**
2.50 **to 4.00** AM **The Diplomat**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Looe.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Dr Pimple Popper**
1.00 PM **A Place in the Sun**
7.00 **Dr Pimple Popper** Jenna is a bubbly teenager with a big bubble behind her ear. **8.00** Robert has keloids on his ear and the back of his head.
9.00 **Body Bizarre** A four-year-old Brazilian boy who was born without eyes is fitted with a hand-crafted prosthetic. **10.00** A baby with his dead twin's body parts attached to his chest.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** A woman brings in her late mother's jewellery collection.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped**
5.00 **The Chase Celebrity Special** With guests Michelle Collins, Jenny Eclair, Nick Hancock and Rufus Hound. **6.00** With Phil Tufnell, Jennie Bond, Ulrika Jonsson and Laurence Llewelyn-Bowen.
7.00 **The Chase** Double bill.
9.00 **The Family Chase** The Price family of Oldham take part in the quiz.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.00 AM **War Machines**
9.10 FILM **The Last Blitzkrieg** War drama. (1959, b/w, 12, 84min) ★
11.05 FILM **Operation Cross Eagles** Wartime drama. (1969, 12, 90min) ★
1.00 PM **Wanted: Dead or Alive** Double bill.
2.00 FILM **Mackenna's Gold** Western adventure. (1968, 15, 136min) ★★★
4.40 FILM **The Comancheros** Western with John Wayne. (1961, PG, 102min) ★★★
7.00 FILM **In Old California** Western with John Wayne. (1942, PG, 88min) ★★
9.00 FILM **French Connection II** Thriller sequel. (1975, 18, 119min) ★★★★
11.40 FILM **Night Hunter** Thriller. (2018, 15) ★★
1.50 AM FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
3.40 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **Air Rescue**
9.30 FILM **The Wrong Mother** Thriller. (2017, PG, 89min) ★★
11.30 FILM **The Nightmare Nanny** Mystery thriller. (2013, PG, 91min) ★
1.30 PM FILM **Runaway Bride** Comedy. (1999, PG, 116min) ★★★
4.00 FILM **Phenomenon** Fantasy. (1996, PG) ★★
6.35 FILM **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★
9.00 FILM **Triple 9** Thriller. (2016, 15, 113min) ★★★
11.25 FILM **Drive** Thriller with Ryan Gosling. (2011, 18, 100min) ★★★★★
1.35 AM FILM **Lost Letter Mysteries: Freedom to Give** Crime drama. (2014, PG, 85min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM FILM **A Killer in My Home** Thriller. (2020, 12) ★

+1hour 322

GREAT! christmas

319 424 52

8.10 AM FILM **Rocky Mountain Christmas** Drama. (2017, PG) ★
10.05 FILM **The Christmas Getaway** (2017, PG) ★★
12.00 NOON FILM **A Storybook Christmas** Comedy. (2019, PG) ★★
1.55 PM FILM **Christmas in the Air** (2017, U) ★★
3.50 FILM **Christmas at Plumhill Manor** Drama. (2024, PG, 85min) ★★
5.45 FILM **Maggie's Christmas Miracle** Drama. (2017, U) ★★
7.45 FILM **Hometown Holiday** Festive drama. (2017, PG, 84min) ★★
9.40 FILM **Snowbound for Christmas** Drama. (2019, PG, 93min) ★★
11.35 FILM **Dancing Through Christmas** (2021) ★★
1.45 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **A Family for Christmas** Drama. (2015, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon's Trip to Mars** 5&6/15. (S1)
6.45 **Auto Rewind**
7.00 **Huckleberry Finn and His Friends** (S1)
8.30 **Bewitched** (S1)
12.00 NOON **Department S**
3.00 PM **Married... With Children** (S1)
5.30 FILM **Brief Encounter** Romantic drama starring Richard Burton and Sophia Loren. Two strangers meet by chance and fall in love at a railway station. (1974, PG, 75min) ★★
7.30 **Tracing the Rails Special**
8.30 **Hancock** 1/13. (S1)
9.00 **Police Woman** (S1)
10.00 **Department S** (S2)
1.00 AM **Stereo Underground**
2.00 **Bubblegum & Cheese**
3.00 **An Hour with... Enn Reitel** Chat show.
4.00 **Cut Price Comedy Show**
5.00 **to 6.00** AM **That's My Dog**

DMAX

159 169 39 147

6.00 AM **Kindig Customs**
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** Russell investigates a possible Bigfoot underwater passageway. **8.00** The team believe they have found where Bigfoot has been hiding.
9.00 **UFO Witness** Reports of shapeshifting UFOs reveal a potential threat to the military. **10.00** Reports of orb-shaped UFOs and close encounters with aliens.
11.00 **Expedition X** Finding out what is happening on the Island of the Dolls. **12.00** M'T Examining the legend of Mothman. **1.00** AM Venturing deep in the Cambodian jungle to find a monster.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food**
11.00 **James Martin: Delicious**
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Great British Bake Off** Six editions.
9.00 **Nigella Bites** Nigella Lawson recreates the flavours of her childhood. **9.30** The food writer turns her hand to slow-cook recipes. **10.00** Ideas for professional-looking supper specialities. **10.30** Elaborate creations perfect for a rainy day. **11.00** The cook conjures up some party food. **11.30** The writer rustles up some TV dinners. **12.00** M'T A selection of comfort food. **12.30** AM Nigella Lawson shares her all-day breakfast ideas.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **Memoirs of an Invisible Man** Comedy thriller with Chevy Chase. (1992, PG, 99min) ★★
10.00 **The A-Team** (S5)
3.00 PM **Jules Verne's Mysterious Island**
6.30 FILM **Airport 1975** Air disaster movie starring Charlton Heston. (1974, PG, 106min) ★★★
8.30 **The Twilight Zone** (S3)
9.00 FILM **Runner Runner** Thriller starring Justin Timberlake, Gemma Arterton and Ben Affleck. (2013, 15, 91min) ★★★
10.50 FILM **Extreme Prejudice** Thriller with Nick Nolte. (1987, 18, 104min) ★★
12.55 AM FILM **U Turn** Comic thriller with Sean Penn and Jennifer Lopez. (1997, 18, 119min) ★★★
3.15 **to 5.00** AM FILM **Jeepers Creepers** Horror thriller. (2001, 15, 91min) ★★★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
8.00 FILM **Against a Crooked Sky** Western. (1976, PG, 85min) ★★
10.00 FILM **The Day the Earth Stopped** Sci-fi thriller. (2008, 15, 90min) ★★
12.00 NOON FILM **Time Without Pity** Thriller. (1957, PG, 88min) ★★
2.00 PM FILM **Ape vs Monster** Adventure. (2021, 12, 88min) ★★
4.00 **Knight Rider** (S4)
8.00 **Star Trek** 2/30. (S1)
9.00 FILM **Curse of the Crimson Altar** Horror starring Boris Karloff. (1968, 15, 87min) ★★
10.50 FILM **Lust for a Vampire** Horror with Ralph Bates. (1970, 18, 95min) ★★★
1.00 **to 3.00** AM FILM **The Final Wish** Horror. (2019, 15, 95min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Hardcore Pawn**
7.50 **Auction Hunters: Pawn Shop Edition**
9.20 **Craig Charles: UFO Conspiracies**
10.20 **Alien Corridors**
11.20 **UFOs: The Lost Evidence** Documentary.
12.20 PM **Bermuda Triangle: Into Cursed Waters**
6.20 **Black Sea Mystery: Lost Worlds** Double bill.
9.00 **Secrets of the Lost Liners** The *Achille Lauro*.
10.00 **Medieval Dead** The Norse and Scottish clans that settled in Ireland after the Scottish Wars of Independence.
11.00 **Moon Landing: The Lost Tapes**
12.00 M'T **History's Greatest Mysteries** How Jimmy Hoffa disappeared.
1.00 AM **Air Crash: Disasters Uncovered**
2.00 **Auction Kings**
3.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **Air Fryers: An Easy Way to Lose Weight?**
10.00 **Petrol vs Electric Cars: Which is Better?**
11.00 **Columbo**
1.00 PM **Columbo** Four episodes, including at: **7.00** *Candidate for Crime:* A politician murders his own campaign manager.
9.00 **The Great Flood of 1968** A look at the flood that hit the south-west of the UK in July 1968.
10.30 **Stonehenge: The Discovery with Dan Snow** Documentary.
12.00 M'T **Into the Grand Canyon with Nick Knowles** 1/2.
1.00 AM **Escaping the Grand Canyon with Nick Knowles** 2/2.
2.00 **Into Death Valley with Nick Knowles** 1/2.
3.00 **Escaping Death Valley with Nick Knowles** 2/2.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home** A couple search for their very first home in Salem, Massachusetts. **7.30** David joins a lucky family on their hunt for a dream home. **8.00** A woman who can now afford a home closer to her best friend. **8.30** A mother is excited to spend her $1,000,000 win on a Miami dream home. **9.00** David searches California's Central Valley to find a peaceful place for a single man. **9.30** David helps a mother and her growing family find a spacious house in Bangor, Maine.
10.00 **Escape to the Country**
1.00 PM **Escape to the Country** Six editions.
7.00 **A Place in the Sun**
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Documentary.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Sister Wives**
7.00 **Good Bones**
8.00 **The Bad Skin Clinic**
9.00 **Dr Pimple Popper** Will is worried his shoulder lump will be ripped open. **10.00** John wants to sort an embarrassing lump on his hip.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Dr Pimple Popper**
3.00 **Sex Sent Me to the ER**
4.00 **Good Bones**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **New Girl** 16/24. (S1)
8.35 **Friends** (S8&4)
1.00 PM **Friends** (S4&5)
6.55 FILM **Brewster's Millions** Comedy with Richard Pryor and John Candy. A baseball pitcher must spend $30million in 30 days to inherit an even bigger fortune. (1985, PG, 97min) ★★★
9.00 FILM **Working Girl** Romantic comedy starring Melanie Griffith, Sigourney Weaver and Harrison Ford. (1988, 15, 113min) ★★★★
11.20 FILM **StakeOut** Comedy thriller starring Richard Dreyfuss. (1987, 15, 115min) ★★★★
1.40 AM **Jimmy Carr: Making People Laugh**
3.35 **Jack Whitehall: Comedy Central Live**
4.00 **Beavis and Butt-Head**
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Last Man Standing**
11.00 **Criminally Funny**
2.05 PM **Impractical Jokers**
5.30 **Impractical Jokers: Twists and Turns**
6.00 **Impractical Jokers: Highlights from the High Seas** The guys' top 10 memories of travelling with the show.
6.30 **The Impractical Jokers Awards** Joe, Q, Sal and Murr present an Awards Special unlike any other.
7.00 **Friends** 16/24. Ross wants a romantic last evening with Emily. **7.30** 17/24. Phoebe receives surprising news. **8.00** 18/24. Rachel's date is ruined by Joshua's parents. (S4)
8.30 **Friends** (S4&6)
2.00 AM **New Girl** (S1&2)
3.00 **Rhod Gilbert's Growing Pains** Triple bill.
5.15 **to 6.00** AM **Digman!**

Sky Replay

152 156

7.00 AM **Four Weddings**
9.00 **Bondi Rescue**
1.00 PM **Bondi Rescue**
2.00 **Freddie Fries Again** Six editions, including at: **6.00** Andrew Flintoff and Rob Penn head off for a trip to south Wales. **7.00** The second tour concludes in Ireland.
8.00 **Road Wars** The Proactive Squad from Thames Valley Police participates in Slough's largest-ever drug raid.
9.00 **The Force: North East** The chase is on as officers pursue thieves. **10.00** The hunt is on for a missing schoolboy. **11.00** Rival football fans gather in Sunderland.
12.00 M'T **The Force: North East** Double bill.
2.00 AM **A League of Their Own Road Trip: Dingle to Dover** Triple bill.
5.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 12/13. (S3)
6.25 **16 and Pregnant**
7.15 **Catfish UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: TV Show** Eight editions of the reality series, including at: **7.00** California preacher Jason thought Mar was the one, but Mar would never meet up. **8.00** A girl finds out if her online boyfriend really is a US Marine.
9.00 **Geordie Shore: Chloe's Story** Reality series.
10.00 **Geordie Shore: Aaron & Sophie's Story**
11.00 **Geordie Shore: Nathan's Story**
12.00 M'T **Geordie Shore: Charlotte's Story**
1.00 AM **Jersey Shore Family Vacation**
2.00 **The Challenge: Battle of the Eras**
3.10 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Alaska: Homestead Rescue** The Raneys help a couple who sent their son away until the homestead can thrive. **2.00** PM The Raneys meet their match on a homestead in Idaho, where off-gridders are plagued with problems. **4.00** The Raneys struggle to revive an inherited Wyoming homestead with a tragic legacy.
6.00 **Scrap Kings** In Preston, a garage is demolished, and in Lincolnshire, a shipping vessel could be massive profit.

9.00 On the Roam

7.00 **Alaska: Homestead Rescue** Misty builds a multi-tier garden and duck pond, while Marty constructs a horse barn.
8.00 **Alaska: Homestead Rescue** With a setback in Misty's build, the Raneys race the clock in their rescue of a homestead.
9.00 **On the Roam** New edition Jason Momoa meets the craftsmen creating the details behind each role he plays.
10.00 **Three Men Four Wheels** A true British supercar – the Jaguar XJ220. **10.30** A 520bhp Hot Rod called Nasty Habit.
11.00 **Texas Metal** Bill Carlton and the team transform a pristine 1960s Jeep Willys truck.
12.00 M'T **Kindig Customs**
3.00 AM **Shorty's Dream Shop** Shorty takes on a 1969 Camaro that needs some love.
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **How Do Animals Do That?**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Guardians of Rescue**
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a beloved German shepherd walk again. **5.00** Treating a bloodhound puppy that refuses to eat.
6.00 **Extinct or Alive** Forrest Galante travels to Zimbabwe after sightings of a lion thought to be extinct.

7.00 Amanda to the Rescue

7.00 **Amanda to the Rescue** Amanda goes undercover to take in three dogs rescued from puppy farms, including a chihuahua.
8.00 **Crikey! It's the Irwins** Robert handles a hostile wombat called Bunker, and it's moving day for an anaconda called Nikki.
9.00 **Crikey! It's the Irwins** Robert and Chandler catch some waves before going to pick up a new Komodo dragon.
10.00 **Alaska: The Last Frontier** Atz Lee and Jane travel to Lake Louise to catch massive lake trout.
11.00 **Swimming with Monsters with Steve Backshall** The naturalist tries to swim with Africa's most dangerous animal, the hippopotamus.
12.00 M'T **Rugged Justice**
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
12.00 NOON **Air Crash Investigation**
2.00 PM **Hitler's Last Stand**
3.00 **Nazi Megastructures** Exploring a torpedo test facility.
4.00 **World War II: The Apocalypse** The story of World War Two, featuring haunting images of Jewish persecution. **5.00** A look at the truth behind France's defeat.
6.00 **Inside the SS** Part one of two. Documentary about Hitler's private army, formed in 1925.

8.00 Lost Treasures of the Bible

7.00 **Inside the SS** Part two of two. A look at the role of the SS in the Holocaust with many volunteering to run the death camps.
8.00 **Lost Treasures of the Bible** New edition Historical influences from Egypt for the biblical tale of the Exodus.
9.00 **JFK: The Lost Bullet** Re-examining the film that captured John F Kennedy's assassination.
10.00 **Secrets of Area 51** Behind the scenes at the world's most secret military base, featuring interviews with CIA agents.
11.00 **Draining the Bermuda Triangle** An exploration of the mysterious area of ocean.
12.00 M'T **Air Crash Investigation**
2.00 AM **Lords of War**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Salvage Kings**
8.00 **Pawn Stars** Double bill.
10.00 **Storage Wars**
1.00 PM **Rome: Rise and Fall of an Empire** A look into the story of General Marius. **2.00** Spartacus' revolt against General Crassus' army. **3.00** How Julius Caesar's popularity sparked a civil war. **4.00** The victory won by Germanic chieftain Arminius. **5.00** Exploring Claudius' conquest of Britain. **6.00** The rule of Trajan, who ruled from 98 to 117AD.

1.00 Rome: Rise and Fall of...

7.00 **Rome: Rise and Fall of an Empire** The rule of Marcus Aurelius, who was forced to undertake many military campaigns.
8.00 **Rome: Rise and Fall of an Empire** How Emperor Decius tried to stamp out the newly introduced Christian religion.
9.00 **Royal B**tards: Rise of the Tudors** 1/3. Docudrama about the Wars of the Roses and the Tudor dynasty.
10.00 **Royal B**tards: Rise of the Tudors** 2/3. As the wars rage on, Margaret manages to keep hold of her lands and her life.
11.00 **Royal B**tards: Rise of the Tudors** 3/3. Edward IV dies unexpectedly, throwing the future of England in the air.
12.00 M'T **Rust Valley Restorers** A rare Diamond T truck.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Rome: Rise and Fall of an Empire**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Abandoned Engineering**
8.00 **World War Two from Above**
10.00 **WW2 – Frontlines**
12.00 NOON **Martin Clunes: Islands of Australia** Double bill.
2.00 **Guy Martin's D-Day Landing**
4.00 **Guy Martin's Battle of Britain** Double bill of editions.
6.00 **Canal Boat Diaries** Robbie Cumming explores the English canal network, exploring the Trent and Mersey Canal. **6.30** A low canal tunnel in Staffordshire proves to be problematic for Robbie.

7.00 Find It, Fix It, Flog It

7.00 **Find It, Fix It, Flog It** Henry and Simon head to Matlock in Derbyshire to meet a couple who love all things automotive.
8.00 **One Foot in the Grave** Victor returns from a trip to discover the house has been burgled. **8.40** Margaret has a nightmare in which she plans to kill her husband. **9.20** Victor agrees to look after neighbours Patrick and Pippa's house.
10.00 **Bangers & Cash** Derek travels to the Lancashire coast to pick up a rare 1972 Citroën SM, and Dave is on HQ duties.
11.00 **Bangers & Cash** Derek is on the road to pick up a funky little Nissan Figaro and a Ferrari 250 GT tribute car, and Paul gets to try out his spanking new Scania T Cab.
12.00 M'T **Canal Boat Diaries**
1.00 **to 3.00** AM **Martin Clunes: Islands of Australia**

+1hour 255 329

Sunday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **The Travelling Auctioneers**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House**
8.00 **The Repair Shop** A tiny bicycle is in need of Dominic's expertise. **9.00** An ageing sound system and a saddle that crossed the Atlantic. **10.00** Wood restorer Will brings a fishing box back to its former glory. **11.00** Metalwork expert Dominic restores a 100-year-old banana barrow.
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Reality series.
10.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **American Detective with Lt Joe Kenda** Four editions.
7.00 **American Detective with Lt Joe Kenda** A home health care aide's body floats in a rural Connecticut creek. **8.00** Ben Elkins gets called in to look for a missing farmhand.
9.00 **Doomsday: The Trial of Lori Vallow Daybell**
11.00 **Faking It: Tears of a Crime** Paul Hemming.
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** April Millsap.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
5.00 PM **A Stranger in My Home** A woman ends up fighting for her life with an unexpected foe. **6.00** A family hire a man to take care of their home – unaware of his evil intentions.
7.00 **Killers: Caught on Camera** Four murders in quick succession and a manhunt are in full flow. **8.00** A case of a lover's quarrel and a murderer with a lot to hide.
9.00 **Donal MacIntyre's Released to Kill** The case of Joanna Dennehy. **10.00** The case of convicted killer Ian Birley.
11.00 **Real Detective: North of the Border**
12.00 M'T **Killers: Caught on Camera** Double bill.
2.00 AM **Injustice with Nancy Grace**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Crimes That Shook Australia** Double bill.
11.00 **To Catch a Killer**
12.00 NOON **Murder: Fight for the Truth** Double bill.
2.00 PM **Medical Detectives** How a cyanide poisoner almost got away with it. **2.30** A career woman keeps falling ill and doctors don't know why. **3.00** Evidence contained within saliva. **3.30** A criminology student is murdered. **4.00** Finding the identity of a bomb victim. **4.30** A woman shot to death in her own home.
5.00 **Voice of a Serial Killer** Becky Watts disappeared and the country was anxious for her return until police find her body.
6.00 **Judge Judy**
2.00 AM **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Caught on Dashcam**
1.00 PM **Send in the Dogs**
2.00 **Caught Red Handed**
5.00 **Murder Uncut**
6.00 **Britain's Most Evil Killers** After killing Billy Bryan and Annie Castle, Danville Neil escaped justice for 30 years. **7.00** A master manipulator accused of the murder of his wife.
8.00 **Killer in My Village**
9.00 **The Murder of Grace Millane** Documentary.
11.00 **Menendez & Menudo: Boys Betrayed**
12.05 AM **Murder in the Valleys** Documentary.
2.10 **Killer Siblings**
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
9.00 **Berlin: Stories of the City** Documentary.
10.05 **Henry VIII and the King's Men** Triple bill.
1.00 PM **Beautiful Serengeti**
1.30 **Berlin: Stories of the City** Documentary.
2.35 **Ancient Apocalypse**
5.50 **The 100 Days That Defined Modern History** Key events from the 20th century. **6.50** The invasion of Normandy in June 1944. **7.50** An insight into the Suez Canal crisis. **8.55** The assassinations of Martin Luther King Jr and Robert F Kennedy. **9.55** The 100 days that surrounded the fall of the Berlin Wall. **10.55** Iraq's invasion of Kuwait in January 1991.
12.00 M'T **Berlin: Stories of the City** Documentary.
1.10 **to 2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Richard Harris**
7.00 **Discovering: James Coburn**
8.00 **The Directors**
9.00 **All That Breathes**
11.00 **The Man Who Stole The Scream** Documentary.
1.00 PM **The Inventor: Out for Blood In Silicon Valley**
3.15 **I Am Johnny Cash**
5.00 FILM **The Beatles: Eight Days a Week – The Touring Years** Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
7.00 FILM **Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
9.00 **Anatomy of Lies** New edition 2/3. Elisabeth R Finch's life story begins to show inconsistencies.
10.00 **The Wimbledon Kidnapping** The mysterious disappearance of Muriel McKay in 1969.
12.00 M'T **Costa Concordia: Chronicle of a Disaster**
2.00 AM **Barbie Uncovered: A Dreamhouse Divided**
3.50 **My Icon: Kadeena Cox**
4.00 **to 6.00** AM **Assassins**

Sky Nature

124/125 822 189 354 369

6.00 AM **Extreme Animals: One Wild Day** Triple bill.
9.00 **My Garden of a Thousand Bees**
10.00 **Shark: British Isles Special with Steve Backshall**
11.00 **Extreme Snakes: Australia**
12.00 NOON **Extreme Snakes: Africa**
1.00 PM **World's Most Toxic Animals**
3.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** Double bill.
5.00 **Wildlife ER**
6.00 **Monkey Life** New editions Double bill following daily life at Monkey World Ape Rescue Centre in Dorset.
7.00 NEW SERIES **A Cheetah's Pride** Documentary following a pair of warring cheetahs.
8.00 **Airborne** New edition Exploring how animals defy gravity to gather food.
9.00 **Attenborough's Journey**
10.00 **Monkey Life**
11.00 **A Cheetah's Pride**
12.00 M'T **Wild Crusades**
2.00 AM **Nature's Fast Attacks**
4.00 **to 6.00** AM **Land of the Far North**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.50 **The Story of the Spitfire**
9.50 **Hidden Heroes: The Nisei Soldiers of WWII**
10.50 **Traitors** Vladimir Vetrov.
12.00 NOON **The Secret History of the Civil War** Documentary.
1.00 PM **Egypt's Unexplained Files**
3.00 **Ancient Aliens** Double bill.
5.00 **How to Lose a War**
7.00 **Ancient Aliens** Experts investigate macabre places associated with death.
8.00 **Ghost Ships** Tony Sampson and his team to brave the shifting currents and bone-chilling legends of Nova Scotia in search of wreckage of the SS *Atlantic*.
9.00 **Medieval Murder Mysteries** Focusing on the story of Prince Arthur of Brittany.
10.00 **Hitler's Handmaidens** An examination of the 'Nazi Woman' through a contemporary lens.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **Great British Aircraft**
3.30 **Close Encounters**
4.00 **to 6.00** AM **Phantom Signals**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **#Textmewhenyougethome**
1.00 PM **Sleeping with Death**
5.00 **Secrets of the Morgue**
6.00 **Jo Frost on Britain's Killer Kids**
7.00 **The First 48** A footballer is shot and dumped on the street.
8.00 **Prison Brides** Following women as they meet their prison partners for the first time.
9.00 **Cold Case Files: DNA Speaks** New edition Examining cold cases solved through advancements in DNA.
10.00 **Very Scary People** New edition Donnie Wahlberg examines the lives of the most diabolical criminals in recent history.
11.00 **First Blood** Anthony Sowell.
12.00 M'T **Jo Frost on Britain's Killer Kids** James Fairweather.
1.00 AM **Cold Case Files: DNA Speaks** As shown at 9.00pm.
2.00 **Very Scary People**
3.00 **Secrets of the Morgue**
4.00 **to 6.00** AM **#Textmewhenyougethome**

+1 hour 256 333

WILD

165 841 182

8.00 AM **National Parks: USA**
10.00 **America's National Parks: Hidden Gems** Grand Canyon.
11.00 **Africa's Hunters**
1.00 PM **Asia's Wild Secrets**
4.00 **Komodo Dragons**
5.00 **Secrets of the Zoo**
7.00 **Heartland Docs** A cow struggles after it gives birth.
8.00 **Kingdom of the Polar Bears** Bear guide Dennis Compayre follows the mother bear and her two cubs as they reach the shores of Hudson Bay.
9.00 **National Parks: USA** Exploring the Everglades, the first national park founded to protect wildlife and ecological richness.
10.00 **Africa's Hidden Wonders** The continent's most mysterious landscapes, starting in Rwanda, home to great apes, volcanoes, rainforests, and exploding lakes.
11.00 **Snakes in the City** Simon tries to catch a fast black mamba in a cluttered kitchen.
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **The Restoration Man**
12.00 NOON **Combat Dealers**
3.00 PM **Treasure Quest: Snake Island** Triple bill of editions.
6.00 **Secrets Underground** Rob and Stefan explore a cave rumoured to house gold.
7.00 **Codes and Conspiracies** Exploring Las Vegas's secrets, including why it was a Nazi target for wartime sabotage. **8.00** Exploring how the American Nazis terrorised the USA in the 1930s.
9.00 **In Search of Monsters** Experts discuss theories related to the world's most famous cryptid, Bigfoot. **10.00** Experts explore a new theory surrounding Scotland's Loch Ness Monster. **11.00** A team of researchers seeks answers to mysteries surrounding the Mothman.
12.00 M'T **Alien Abduction: Betty and Barney Hill**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Smoke & Steel**
1.00 PM **Smoke & Steel**
6.00 **Smoke & Steel** Examining a mill in Manchester that was part of a dawning revolution in the way we work – the factory. **7.00** A look into the legacy of a cable hut in Cornwall, and how a mountain railway in New Hampshire inspired passengers. **8.00** Examining the legacy of the first iron framed building – a mill in Shrewsbury. **9.00** A cliff in England that offered the public a new ride experience. Plus, a mining hoist in Germany and an astronomical observatory in California. **10.00** Examining HMS *Warrior*, an ironclad warship on the south coast of England. **11.00** Investigating the industrial legacy of a tunnel under the Thames.
12.00 M'T **Smoke & Steel**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **True Conviction**
10.00 **The Killer in My Family**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **Murder Chose Me**
4.00 **Til Death Do Us Part**
6.00 **Murder by Numbers** A case from Alexandria, Virginia, which saw the fatal shooting of a sheriff's wife at her front door. **7.00** The investigation into a series of murders in California.
8.00 **Dead of Winter** A case in which four members of a family were killed in their home.
9.00 **Deadly Influence: The Social Media Murders** A film reviewer finds himself dragged into a shocking world of guns, abuse and revenge.
10.00 **Real Time Crime** In Indian River County, a shoplifting call turns into a deadly pursuit.
11.00 **Unbreakable: Live to Tell** The crimes of Scott Gellatly.
12.00 M'T **True Nightmares**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Death by Fame**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Scrapyard Dynasty**
1.00 PM **Blue Angels: A Year in the Life** Four editions.
5.00 **Head 2 Head** Four editions.
7.00 **Wheeler Dealers** Mike Brewer and Ant Anstead restore a 1971 Chevrolet C10 Truck. **8.00** A Dodge SRT-10 is in need of some serious work. **9.00** Mike and Ant claim ownership of a 1965 Dodge A-100 Sportsman. **10.00** Mike goes to France in search of a Citroën HY Van. **11.00** Keen to get into the booming classic truck market, Mike manages to find an unfinished 1950s Ford F-1. **12.00** M'T Mike searches for a Chevrolet Stepside pick-up truck in San Francisco.
1.00 AM **Alaska Mega Machines**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **The Cinema List**
6.45 PREMIERE **The 4:30 Movie**
8.30 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
10.10 **The Convert** As 11.55pm.
12.30 PM **The Fall Guy** As 8.00pm.
2.40 **Coup!** (2023, 12) ★★★★
4.30 PREMIERE **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★ *See review, page 23.*
6.05 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★

4.30 The 4:30 Movie

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. A cancer patient tries to survive Earth's first contact with sightless creatures. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Convert** Action drama. (2024, 15, 119min) ★★★★
2.00 AM **Problemista** Comedy. (2024, 15, 104min) ★★★
3.50 **Christmas Eve in Miller's Point** Festive comedy drama. (2024, 12, 106min) ★★★★
5.45 **to 7.20** AM **SuperKlaus** Animation. (2024, PG, 88min)

Sky Cinema Hits

303 403 503 517

6.30 AM **Ghost in the Shell** (2017)
8.30 **Paycheck** As 1.50am.
10.35 **Johnny English** Comedy. (2002, PG, 88min) ★★★
12.20 PM **Johnny English Reborn** Comedy. (2011, PG) ★★★
2.15 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
4.10 **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★
6.10 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★

6.10 Men in Black

8.00 **Men in Black II** Sci-fi comedy sequel with Will Smith and Tommy Lee Jones. When an evil alien threatens Earth, top MIB agent Jay needs the help of his former partner Kay. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Men in Black 3** Action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Agent J goes back in time to 1969 to save the life of the young Agent K. (2012, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Arrival** Sci-fi drama with Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
1.50 AM **Paycheck** Thriller with Ben Affleck and Uma Thurman. (2003, 12, 119min) ★★★★
4.00 **to 6.00** AM **Ghost in the Shell** Sci-fi action adventure starring Scarlett Johansson. (2017, 12, 107min) ★★★★

Sky Cinema Drama

310 410 510 524

7.50 AM **Black Dog** Drama. (2023, 15, 96min) ★★★
9.40 **Lost in Translation** Comedy drama starring Bill Murray. (2003, 15, 102min) ★★★★★
11.35 **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
3.00 PM **A Star Is Born** Drama with Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
5.30 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
8.00 **Chicago** Oscar-winning screen version of the Broadway musical, with Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
10.00 **Ghost** Romantic fantasy starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
12.10 AM **Jerry Maguire** As 5.30pm.
2.35 **Monsoon** Drama starring Henry Golding and Parker Sawyers. (2019, 12, 85min) ★★★★
4.05 **to 6.00** AM **The Shamrock Spitfire** Biographical drama starring Shane O'Regan. (2024, 12, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.30 AM **Doom** As 4.35pm.
9.30 **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★
11.30 **Unhinged** As 11.45pm.
1.10 PM **The Pope's Exorcist** Horror. (2023, 15, 103min) ★★★
2.55 **Arcadian** Horror with Nicolas Cage. (2024, 15, 92min) ★★★★
4.35 **Doom** Horror thriller with Karl Urban and Dwayne Johnson. (2005, 15, 105min) ★★★
6.25 **The Purge** Horror with Ethan Hawke. (2013, 15, 85min) ★★★
8.00 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
9.50 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
11.45 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
1.25 AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★
3.05 **Repo Men** Sci-fi action thriller. (2009, 18, 111min) ★
5.10 **to 6.55** AM **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

7.05 AM **Beethoven** As 1.40am.
8.40 **Jumanji** (1995, PG) ★★★★
10.30 **Addams Family Values** Comedy. (1993, PG) ★★★★
12.15 PM **The Smurfs** Adventure. (2011, U, 103min) ★★
2.05 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
4.00 **Johnny English Reborn** Espionage comedy sequel. (2011, PG, 101 min) ★★★
5.50 **Scooby-Doo** Adventure. (2002, PG, 86min) ★★★

5.50 Scooby-Doo

7.25 **Scooby-Doo 2: Monsters Unleashed** Comedy adventure sequel starring Freddie Prinze Jr. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. With Julia Roberts. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Ride On** Chinese drama starring Jackie Chan. Subtitled. (2023, PG, 126min) ★★★
1.40 AM **Beethoven** Comedy. (1992, U, 87min) ★★★
3.15 **Little Vampire** Animation. (2020, PG, 85min) ★★★
4.45 **to 6.00** AM **Daddy Day Camp** Family comedy sequel. (2007, PG, 88min) ★★

Sky Cinema Stunts
307 407 507 521

7.15 AM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
9.25 **The Karate Kid Part II** Adventure. (1986, PG) ★★
11.25 **The Karate Kid: Part III** Adventure. (1989, PG) ★
1.20 PM **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
3.10 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
5.35 **Fast X** Action adventure. (2023, 12, 141 min) ★★★★

8.00 The Beekeeper

8.00 **The Beekeeper** Action thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Crank** Thriller starring Jason Statham. A hitman is poisoned by a chemical that will kill him unless he keeps his adrenaline levels at their maximum. (2006, 18, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **2 Fast 2 Furious** Thriller. (2003, 12, 108min) ★★★
1.35 AM **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
3.40 **Royal Warriors** Thriller. (1986, 18, 96min) ★★★
5.25 **to 7.20** AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★

Sky Cinema Comedy
308 408 508 522

6.45 AM **Gremlins** As 4.00am.
8.35 **Girls Trip** As 5.55pm.
10.40 **Sixteen Candles** As 9.45pm.
12.15 PM **Brewster's Millions** Comedy with Richard Pryor. (1985, PG, 97min) ★★★
2.05 **The Hangover Part II** Dark comedy sequel with Bradley Cooper. (2011, 15, 101 min) ★★
3.50 **The Five-Year Engagement**
5.55 **Girls Trip** Comedy starring Regina Hall and Queen Latifah. (2017, 15, 122min) ★★

9.45 Sixteen Candles

8.00 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Sixteen Candles** John Hughes' comedy starring Molly Ringwald as a gauche teenager with dreams of the perfect romance with a hunky high-school senior. With Anthony Michael Hall. (1984, 12, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Five-Year Engagement** Romantic comedy starring Jason Segel and Emily Blunt. (2012, 15, 119min) ★★★
1.25 AM **Happy Gilmore** Comedy. (1996, 12, 92min) ★★★
3.00 **Sky Cinema Preview**
4.00 **to 6.00** AM **Gremlins** Comedy horror starring Zach Galligan. (1984, 12, 106min) ★★★★

Sky Cinema Thriller
309 409 509 523

7.00 AM **The Young Master** Hong Kong action comedy. Subtitled. (1980, 15, 102min) ★★★★
9.00 **He Went That Way** (2023)
10.50 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
12.50 PM **Now You See Me** (2013)
3.00 **The Day of the Jackal** (1973)
5.35 **Angels & Demons** Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. (2009, 12, 138min) ★★

10.05 Now You See Me

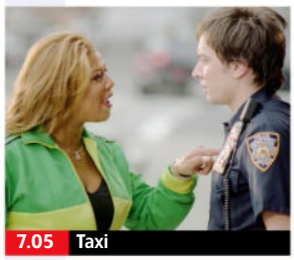
8.00 **Inferno** Ron Howard's adaptation of the Dan Brown thriller starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions. (2016, 12, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
2.30 **Swallowed** Horror with Cooper Koch. (2022, 18, 96min) ★★
4.15 **to 6.00** AM **He Went That Way** Fact-based crime drama. (2023, 15, 96min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Dora and the Lost City of Gold** (2019, PG) ★★★
1.05 PM **Daleks: Invasion Earth 2150 AD** Sci-fi spin-off. (1966, U, 80min) ★★
2.50 **Secret Headquarters** Adventure. (2022, PG) ★★★
4.55 **The Seeker: The Dark is Rising** Fantasy adventure. (2007, 12, 98min) ★★
7.05 **Taxi** Action comedy with Queen Latifah. (2004, 12, 97min) ★★


7.05 Taxi

Taxi (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. An assassin seeks to avenge the murder of his mentor. (2011, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.45 **No Exit** Thriller starring Havana Rose Liu. A college student finds a kidnapped child hidden in a car. (2022, 15, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.35 AM **Bull** Thriller starring Neil Maskell and David Hayman. (2021, 18, 87min) ★★★★
2.20 **to 4.00** AM **Slice** Comedy horror starring Chris Parnell. (2018, 15, 83min) ★★★

+1 hour 314 430 47 301

Sky Cinema Best of 2024
302 402 502 516

6.00 AM **Moving On** As 3.35am.
7.35 **Book Club: The Next Chapter**
9.35 **The Holdovers** As 5.45pm.
11.55 **Asteroid City** Sci-fi comedy. (2023, 12, 105min) ★★★★
1.45 PM **Meg 2: The Trench** Thriller sequel. (2023, 12, 115min) ★★★
3.45 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
5.45 **The Holdovers** Comedy drama. (2023, 15, 133min) ★★★★★

8.00 **One Life** Drama starring Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
10.00 **Lee** Biopic of photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet. (2023, 15, 117min) ★★★
12.00 M'T **The Great Escaper** Drama. (2023, 12, 96min) ★★★★

1.40 AM **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★
3.35 **Moving On** Comedy drama. (2022, 15, 85min) ★★★
5.05 **Sky Cinema Preview**
5.35 **to 7.20** AM **Nineteen Nineteen** Drama. (1984, 15, 99min) ★★★

Sky Cinema Greats
304 404 504 518

7.50 AM **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★
9.30 **The Bourne Legacy** Spy thriller sequel. (2012, 12, 129min) ★★★
11.45 **The Bourne Supremacy** Thriller. (2004, 12, 108min) ★★★★
1.35 PM **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★
3.35 **Hulk** Sci-fi fantasy starring Eric Bana. (2003, 12, 138min) ★★★

5.55 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
8.00 **Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire. (2004, PG, 127min) ★★★★
10.10 **Spider-Man 3** Fantasy sequel with Tobey Maguire and Kirsten Dunst. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality, so he must conquer his inner demons before he can defeat two new adversaries. (2007, 12, 139min) ★★★

12.30 AM **Hulk** As shown at 3.35pm.
2.50 **Hudson Hawk** Anarchic action comedy starring Bruce Willis. (1991, 15, 97min) ★★★
4.35 **to 6.30** AM **Escape from Alcatraz** Fact-based prison drama starring Clint Eastwood. (1979, 15, 112min) ★★★★

Sky Cinema Animation
305 412 500 514

6.45 AM **The Prince of Egypt** (1998)
8.30 **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★★★
10.55 **Cloudy with a Chance of Meatballs** As shown at 5.30pm.
12.35 PM **Cloudy with a Chance of Meatballs 2** As 7.10pm.
2.15 **Hotel Transylvania 3: Summer Vacation** As shown at 10.20pm.
4.00 **Gnomeo & Juliet** As 8.50pm.

5.30 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
7.10 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
8.50 **Gnomeo & Juliet** Animated comedy. (2011, U, 83min) ★★★
10.20 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
12.05 AM **The Prince of Egypt** Animated biblical drama. (1998, U, 99min) ★★★★

1.50 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
3.35 **Mary and the Witch's Flower** Animated family adventure. (2017, U, 99min) ★★★
5.25 **to 6.30** AM **Sky Cinema Preview**

Christmas 24
312 419

7.00 AM **'Tis the Season to Be Merry** Festive romantic comedy. (2021, PG, 84min) ★★
9.00 **A Tale of Two Christmases** Comedy. (2022, PG, 84min) ★★
11.00 **A Christmas in New Hope** Drama. (2024, PG, 90min) ★★
1.00 PM **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
3.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★

5.00 **The Secret Gift of Christmas** Festive drama starring Meghan Ory. (2023, PG, 90min) ★★
7.00 **Boyfriends of Christmas Past** Festive romantic drama starring Catherine Haena Kim. (2021, PG, 84min) ★★
9.00 **A Lot Like Christmas** Romantic comedy starring Maggie Lawson and Christopher Russell. A marketing executive helps the owner of a small town tree farm to compete with a chain store. (2021, PG, 86min) ★★

11.00 **Three Wise Men and a Baby** Comedy. (2022, PG, 90min) ★★
1.00 AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **The Finnish Line**

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Murder in Eden** Drama. (1961, b/w, U, 64min) ★★
7.20 **The Sword of Monte Cristo** Adventure. (1951, U, 80min) ★★
8.55 **The Big Job** Comedy. (1965, b/w, U, 88min) ★★
10.40 **River Patrol** Crime drama. (1948, b/w, PG, 48min) ★★
11.40 **Abilene Town** Western. (1946, b/w, 15, 91 min) ★★
1.25 PM **Batman** 32/34. (S1)

2.00 **Crooks Anonymous** Comedy. (1962, b/w, U, 87min) ★★
3.45 **Look at Life** Documentary.
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **A Lifetime Ago with the Baim Collection**
6.25 **North West Frontier** Adventure starring Kenneth More. (1959, U, 129min) ★★★
9.00 **Gideon's Way** 1/26. (S1)
10.05 **The Wheeltappers and Shunters Social Club** 6/7. (S1)

10.55 **The Day of the Triffids** Sci-fi thriller. (1962, 12, 95min) ★★
12.55 AM **The Heritage Chart Show**
2.00 **Tight Spot** Crime thriller. (1955, b/w, PG, 97min) ★★★
3.55 **The Rogues** 13/30. (S1)
4.55 **The Texan** 8/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Super Sunday Matchday**
11.00 LIVE **SPFL Hibernian v Rangers.** Coverage of the Scottish Premiership match at Easter Road. Kick-off **12.00noon**.
2.00 PM LIVE **Super Sunday Fulham v Ipswich Town.** Coverage of the Premier League match at Craven Cottage. The sides shared the spoils in a 1-1 draw in August's reverse fixture at Portman Road, but Fulham will be hopeful of taking all three points in front of their own fans having enjoyed the stronger season of the teams so far. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Liverpool v Manchester United.** Coverage of the Premier League match from Anfield. Kick-off **4.30pm**.
7.30 LIVE **NFL** Coverage of a week 18 match. Kick-off is at **6.00pm**.
9.00 LIVE **NFL** Coverage of a match in the 18th week of the season.
12.30 AM **NBC's FNIA** A review of today's earlier matches.
1.10 LIVE **NFL** Coverage of a week 18 match. Kick-off is at **1.20am**.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **Premier League Highlights**
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
1.00 PM LIVE **Super Sunday Fulham v Ipswich Town.** The Premier League match staged at Craven Cottage. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Liverpool v Manchester United.** Coverage of the Premier League match from Anfield. Liverpool have not lost to United in front of their fans since 2016, when Wayne Rooney scored the only goal of the game, and they won the reverse fixture this season 3-0 thanks to a brace from Luis Diaz and a further strike by Mohamed Salah. The visitors have only won two of the last nine fixtures between the teams, with one of those wins coming in last season's FA Cup. Kick-off **4.30pm**.
7.30 **Transfer 360**
8.30 **Premier League Highlights** Manchester City v West Ham Utd. **9.00** Brighton v Arsenal.
9.30 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Best PL Goals 2000/01**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
11.00 LIVE **SPFL Hibernian v Rangers.** Coverage of the Scottish Premiership match staged at Easter Road. Hibs have not beaten Rangers here since a Championship match in April 2016, and the Gers will be strong favourites once again given the hosts' struggles so far this term. Kick-off is at **12.00noon**.
2.30 PM **SPFL Highlights**
3.00 **1983: When Aberdeen Ruled Europe** Documentary.
4.00 **Dundee United: Champions 83**
4.30 **Henrik Larsson: 20 Years On**
5.30 **EFL Highlights**
9.30 **SPFL Highlights**
9.45 **EFL Highlights** Preston North End v Oxford United. **10.00** Highlights from Sheffield Wednesday v Millwall. **10.15** Watford v Sheffield United.
10.30 **EFL Highlights**
11.00 **SPFL Highlights**
11.15 **EFL Highlights**
12.00 M'T **Retro League One**
2.00 AM **EFL Cup Highlights**
2.30 **EFL Highlights**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Test Cricket**
8.00 LIVE **Test Cricket South Africa v Pakistan.** Coverage of the third day of the second Test in the two-match series at Six Sun Grill Newlands in Cape Town. The sides last met here in this format in 2019, when South Africa prevailed by nine wickets, but the hosts have lost two of the three Tests to be played here since then.
4.30 PM **Big Bash League**
6.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
7.00 **Test Cricket** Recent action.
8.00 **Big Bash League** Hobart Hurricanes v Adelaide Strikers.
9.00 **Test Cricket** South Africa v Pakistan: Action from day three of the second Test in the two-match series at Six Sun Grill Newlands.
10.00 **Big Bash League** Hobart Hurricanes v Adelaide Strikers.
11.00 **Test Cricket** South Africa v Pakistan from Cape Town.
12.00 M'T **Big Bash League**
3.05 AM **Test Cricket** Recent action.
4.00 **Jimmy Anderson's Greatest Spells** Archive highlights.
4.45 **Blue for Bob** A Bob Willis tribute.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **My Ryder Cup**
7.45 **Celebrity Kop Club**
8.00 **PGA Tour Golf** Recent action.
12.00 NOON **Junior Golf** Justin Rose Telegraph Junior Championship.
12.30 PM **Ryder Cup Memories**
1.00 **PGA Tour Golf**
5.00 **My Ryder Cup**
5.45 **Celebrity Kop Club**
6.00 LIVE **PGA Tour Golf** Coverage of the featured groups on the fourth day of the Sentry Tournament of Champions held at the Plantation Course at Kapalua in Hawaii. This event is reserved for golfers who won a tournament on the tour during the previous calendar year and players who qualified for the preceding Tour Championship, and it was won by America's Chris Kirk last year.
9.00 LIVE **PGA Tour Golf** Further coverage of day four of the Sentry Tournament of Champions held at the Plantation Course at Kapalua.
1.00 AM **PGA Tour Golf**
3.00 **Ryder Cup Memories**
4.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Bitesize Tennis**
6.15 **US Open Classic Matches**
6.30 LIVE **WTA & ATP Tennis** Coverage from the Tours.
10.30 **WTA & ATP Tennis**
1.00 PM **Bitesize Tennis**
1.15 **US Open Classic Matches**
1.30 **WTA Tennis** Auckland Open.
3.30 **Tennis** Brisbane International.
7.30 **ATP Tennis** Hong Kong Open.
9.30 **Bitesize Tennis** Andy Murray.
9.45 **US Open Classic Matches**
10.00 **Bitesize Tennis** Ladies Open.
10.15 **US Open Classic Matches**
10.30 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the WTA and/or ATP Tours.

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Test Cricket Australia v India.** Coverage of the third day of the fifth and final Test from Sydney Cricket Ground.
7.30 **Premier League**
9.00 **Premier League: Big Interview**
9.30 **Premiership Rugby Union**
12.30 PM LIVE **Allianz Premiership Women's Rugby Bristol Bears v Gloucester-Hartpury RFC.** Coverage of the match from Ashton Gate. Kick-off **12.45pm**.
2.45 LIVE **Premiership Rugby Union Northampton Saints v Bath.** Coverage of the match from cinch Stadium at Franklin's Gardens. Kick-off is at **3.00pm**.
5.15 **The Rugby Review**
6.00 **Vendee Globe Highlights**
6.30 **Serie A** Fiorentina v Napoli.
7.30 LIVE **Serie A AS Roma v Lazio.** Coverage of the Italian top-flight match from Stadio Olimpico. Kick-off is at **7.45pm**.
9.45 **What I Wore** Paul Gascoigne.
10.00 **TNT Sports Reload**
10.30 **Test Cricket Highlights**
11.30 PM **to 6.00** AM LIVE **Test Cricket Australia v India.** The fourth day of the fifth and final Test from Sydney Cricket Ground.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **A-League Women Sydney FC v Melbourne City.** Coverage of the match from Leichhardt Oval in Lilyfield, New South Wales. Kick-off **6.00am**.
8.00 **TNT Sports Reload**
8.30 **One Day International Cricket**
11.30 **Vendee Globe Highlights**
12.00 NOON **Test Cricket Highlights**
1.00 PM **TNT Sports Reload**
1.30 **Fishing: On the Bank**
2.30 **TNT Sports Cricket Reload**
3.00 **Test Cricket Highlights** Action from Australia v India in Sydney.
4.00 **One Day International Cricket**
5.00 **Ultimate Pool** Season review.
8.00 **NBA Action** Highlights.
8.30 LIVE **NBA Oklahoma City Thunder v Boston Celtics.** Coverage of the inter-conference match staged at Paycom Centre. Tip-off is at **8.30pm**.
11.00 **NBA on Fire** The latest news.
11.30 LIVE **Women's T20 Super Smash Central Hinds v Northern Brave.** Coverage of the match staged at Saxton Oval.
3.15 **to 6.45** AM LIVE **T20 Super Smash Central Stags v Northern Brave.** Coverage of the match from Saxton Oval.

TNT Sports 3

417 874 529 410 432

6.30 AM **TNT Sports Cricket Reload**
7.00 **Serie A** Fiorentina v Napoli.
8.00 **UEFA Champions League – Classics** Archive action.
11.00 **For the Love of the Game with Laura & Ally**
12.00 NOON **Isuzu UTE A-League** Highlights from Melbourne City v Wellington Phoenix. **1.00** PM Action from Brisbane Roar v Central Coast Mariners. **2.00** Perth Glory v Western Utd. **3.00** Newcastle Jets v Sydney FC. **4.00** Melbourne Victory v Western Sydney Wanderers.
5.00 **TNT Sports Reload**
5.30 **The Jake Dixon Diaries**
7.00 **Test Cricket Highlights** Australia v India: Action from the third day of the fifth and final Test in the series at Sydney Cricket Ground.
8.00 **Allianz Premiership Women's Rugby** Bristol Bears v Gloucester-Hartpury RFC.
9.00 **Premiership Rugby Union** Northampton Saints v Bath.
10.00 **MLB Classic** Action from All-Star games between 1971 and 1975.
12.00 M'T **Serie A** AS Roma v Lazio.
1.00 AM **MLB Classic**
5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
11.00 **NFL Bitesize Highlights**
11.30 **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
12.00 NOON **NFL Highlights** Action from two week 18 matches.
2.00 PM **NFL Gameday** All the latest news and build-up to another Sunday of action from the NFL season, with discussion and analysis of the latest talking points.
5.30 LIVE **NFL** Coverage of a week 18 match. Kick-off **6.00pm**.
9.00 LIVE **NFL** Coverage of a match in the 18th week of the season.
12.30 AM **NBC's FNIA** A preview of tonight's game, and a review of today's earlier matches.
1.10 LIVE **NFL** Coverage of a week 18 match. Kick-off is at **1.20am**.
4.30 **NFL Bitesize Highlights** Action from New York Jets v Buffalo Bills.
4.45 **Super Bowl LVIII Bitesize** Highlights of the showpiece match between San Francisco 49ers and Kansas City Chiefs at Allegiant Stadium in Las Vegas, Nevada.
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Test Cricket** Recent action.
7.00 **Big Bash League**
8.00 **Women's Big Bash League**
8.10 LIVE **Big Bash League Hobart Hurricanes v Adelaide Strikers.** Coverage of the T20 match staged at Ninja Stadium.
11.30 **Best of the Big Bash League**
12.00 NOON **Big Bash League**
1.00 PM **Fight Night International**
4.00 **NFL Highlights**
6.00 **NFL Redzone** Network show that switches between today's games.
1.00 AM **Big Bash League**
2.00 **Test Cricket** Recent action.
3.00 **Big Bash League**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 4

421 876 530 411 434

6.00 AM **Cricket Classics: West Indies v England** Days one to four of the first Test from 1990.
8.00 **Fishing: On the Bank**
9.00 **Ultimate Pool** A look back at the best of the action from 2024.
12.00 NOON **NBA on Fire** The latest news from the world of the NBA.
12.30 PM **NBA Action** A round-up of the latest action from the NBA.
1.00 **NBA** Two match replays.
4.00 **NBA on Fire** The latest news from the world of the NBA.
4.30 **NBA Action** A round-up of the latest action from the NBA.
5.00 **NBA** A chance to see Brooklyn Nets v Philadelphia 76ers. **6.30** A replay of Golden State Warriors v Memphis Grizzlies.
8.00 **Fishing: On the Bank**
9.00 **One Day International Cricket**
10.00 **Classic Premier League**
12.00 M'T **Isuzu UTE A-League**
5.00 **to 6.00** AM **Fishing: On the Bank**

Eurosport 1

413 870 521 412 435

6.00 AM **Porsche Supercup**
6.30 **Winter Sport** Kirsty Muir.
6.45 **Ski Jumping** From Innsbruck.
7.45 **Alpine Skiing** From Slovenia.
8.45 LIVE **Alpine Skiing** The women's slalom in Kranjska Gora.
10.15 LIVE **Ski Jumping** The women's HS98 from Villach in Austria.
11.45 LIVE **Alpine Skiing** The women's slalom in Kranjska Gora.
1.00 PM LIVE **Cross-Country Skiing** From Val di Fiemme, Italy.
3.15 LIVE **Ski Jumping** Coverage from Bischofshofen in Austria.
4.50 LIVE **Snowboarding** Coverage from Klagenfurt in Austria.
6.40 **Winter Sport** Andrew Musgrave.
7.00 **Ski Jumping** From Austria.
8.00 **Dakar Rally** Stage two in Bisha.
9.00 **Cyclo-Cross** In Dendermonde.
10.00 **Snooker: English Open**
12.00 M'T **Alpine Skiing** From Slovenia.
1.00 AM **Ski Jumping** From Austria.
2.00 **Tennis: Australian Open 2019**
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Olympics: Equestrianism**
7.00 **Speedway Grand Prix**
8.00 **Dakar Rally** Stage one in Bisha.
9.00 **Masters Snooker** The final.
11.00 **Half Marathon des Sables**
11.30 **Cyclo-Cross** From Gullegem.
12.30 PM LIVE **Cyclo-Cross** The women's race in Dendermonde.
1.45 **Snooker 147s** Ding Junhui.
2.00 LIVE **Cyclo-Cross** The men's race in Dendermonde, Belgium.
3.30 **Cyclo-Cross** From Gullegem.
4.00 **Snooker: UK Championship**
6.00 **Cyclo-Cross** In Dendermonde.
7.00 **Olympics: Triathlon**
8.00 **Snowboarding** From Klagenfurt.
9.00 **Alpine Skiing** In Kranjska Gora.
10.00 **Ski Jumping** From Austria.
11.00 **Dakar Rally** Stage two in Bisha.
12.00 M'T **Cyclo-Cross** Recent action.
1.00 AM **Australian Superbikes**
2.00 **Dakar Rally** Stage two in Bisha.
3.00 **Alpine Skiing** From Slovenia.
4.00 **Ski Jumping** From Austria.
5.00 **to 6.00** AM **Cyclo-Cross**

Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
6.30 LIVE **WTA & ATP Tennis** Coverage from the Tours.
10.30 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
2.50 PM LIVE **EFL Sunderland v Portsmouth.** Coverage of the Championship match staged at the Stadium of Light. Sunderland claimed a 3-1 away win in August's away fixture and will expect to boost their hopes of promotion with a win in front of their own fans. Kick-off **3.00pm**.
5.00 **Sports Sunday**
6.00 LIVE **PGA Tour Golf** The featured groups on day four of the Sentry Tournament of Champions.
9.00 LIVE **PGA Tour Golf** Further coverage of the fourth day's play of the Sentry Tournament of Champions held at the Plantation Course at Kapalua in Hawaii.
1.00 **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the Tours.

Sky Sports Darts

406 516 506 424 444

6.00 AM **World Darts Championship**
12.00 NOON **World Darts Championship** Action from the event at Alexandra Palace.
9.00 PM **World Darts Championship** Another chance to see the final from Alexandra Palace in London.
12.00 M'T **PDC Classics** Archive action.
1.00 AM **30 Years of the World Champs** A celebration.
1.30 **The Taylor Years**
2.00 **The Greatest Final 2007**
2.30 **Peter Wright: Double Champ**
3.00 **The Greatest Leg – 2023 Final**
3.30 **30 Years of the World Champs**
4.00 **The Taylor Years**
4.30 **30 Years of the World Champs**
5.00 **Peter Wright: Double Champ**
5.30 **to 6.00** AM **The Greatest Leg – 2023 Final**

Monday

6 January

Evening Planner

Monday

Documentary

Joanna Page's Wild Life
BBC2, 6.30pm (box set, BBC iPlayer)
Cameras follow the *Gavin & Stacey* actor (above) as she trains to qualify as an animal care assistant. Continues all week.

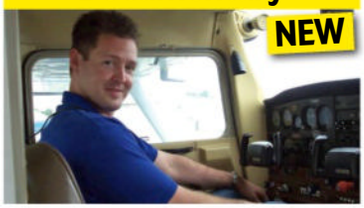
Cookery

Jamie's £1 Wonders and Money-Saving Meals
C4, 8pm
Jamie Oliver helps stretch the pennies with a budget-friendly Indian dosa recipe.

Crime Drama

Silent Witness
BBC1, 9pm
As the forensic drama returns, Nikki and the team investigate when the body of an elderly woman is discovered in a cave.

Documentary



The Amazon Review Killer
C4, 10pm & 11.05pm
True-crime documentary looking at the shocking case of Todd Kohlhepp (above), who was convicted of killing seven people.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 Silent Witness		10.00 News; Local News	10.40 Sir Alex
	102 BBC2	7.00 Scams &...	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 7/7: The London Bombings		10.00 QI	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Playing Nice		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders & Money-Saving...		9.00 24 Hours In Police Custody: Breakout		10.00 The Amazon Review Killer	
	105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Motorway Cops: Catching America's...		10.00 Police Raid: Minute by Minute	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Hollywood Stunts		9.00 Film: The Meg			
ENTERTAINMENT	115 BBC3	7.00 Gladiators: Celebrity Special		8.00 The Simple Life		9.05 The Traitors		10.05 The Traitors...	10.35 Back to Life
	116 BBC4	7.00 Indian Hill Railways – Darjeeling		8.00 Winter's Weirdest Events		9.00 Lost Home Movies of Nazi Germany			
	118 ITV2	◂ 5.55 Film: Harry Potter and the Philosopher's Stone				9.00 Social Media Murders		10.00 Olivia Attwood: The Price of Perfection	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Tsunami 2004: The Day the Wave Hit		10.00 Emergency	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Fire Country		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.50 Game of Thrones		9.00 The Tattooist of Auschwitz			
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.05 The Bay	
	120 ITV4	7.00 The Motorbike Show		8.00 The Grand Fishing Adventure		9.00 Film: Mission: Impossible II			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans Live from the West End			10.20 Alan Carr: Yap, Yap...
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.10 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs Hollywood Stunts		9.00 Friends: The Reunion			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 André Rieu: Love in Venice					
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Custom Carolina		10.00 Texas Metal	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Expedition Bigfoot				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Nazi Megastructures		9.00 To Catch a Smuggler		10.00 Ice Road Rescue: Highway Havoc	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 Holy Marvels with Dennis Quaid			
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Greece with Simon Reeve		9.00 Villages by the Sea		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 I Am Jackie O				9.00 Chernobyl: The Lost Tapes			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 A Quiet Place: Day One		8.00 The Fall Guy				10.10 The 4:30 Movie	
	302 ICONS	◂ 6.10 One Life		8.00 Catch Me If You Can					10.25 Lost in Translation
	303 HITS	◂ 6.15 Horrible Bosses		8.00 Bad Neighbours			9.40 Bad Neighbours 2		
	304 GREATS	◂ 5.35 Superman		8.00 Superman II				10.10 Superman III	
	305 ANIMATION	◂ 6.05 Wallace &...	7.35 The Rugrats Movie			9.05 Rugrats in Paris			10.25 Spider-Man: Into...
	306 FAMILY		7.20 Small Soldiers				9.20 The Flintstones		
	307 STUNTS	◂ 6.00 The Beekeeper		8.00 Fast & Furious				10.00 Oldboy	
	308 COMEDY	◂ 6.05 Anyone But You		8.00 The Holiday					10.20 You, Me and Dupree
	309 THRILLER	◂ 5.45 Marnie		8.00 In the Line of Fire				10.15 The Saint	
	310 DRAMA	◂ 6.00 Dallas Buyers Club		8.00 8 Mile			9.55 Straight Outta Compton		
	311 SCI-FI	◂ 6.05 Men in Black 3		8.00 The Purge: Election Year			9.50 Godzilla		
	313 FILM4	◂ 6.40 Flight of the Phoenix				9.00 Mission: Impossible – Ghost Protocol			
SPORT	401 MAIN EVENT	◂ 6.30 MNF – Live: Wolverhampton Wanderers v Nottingham Forest (Kick-off 8.00)							
	402 PREMIER LEAGUE	◂ 6.30 MNF – Live: Wolverhampton Wanderers v Nottingham Forest (Kick-off 8.00)							
	403 FOOTBALL	7.00 SPFL...	7.30 EFL – Live: Queens Park Rangers v Luton Town (Kick-off 8.00)						10.30 EFL Highlights
	404 CRICKET	7.00 Test Cricket		8.00 Big Bash League		9.00 Test Cricket		10.00 Big Bash League	
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from the latest round of the season					9.30 Autumn...	10.00 Cricket Reload	10.30 Test Cricket...
	411 TNT SPORTS 2	7.00 Test Cricket Highlights		8.00 The Rugby Review		9.00 Fishing: On the Bank		10.00 Isuzu UTE A-League	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Lost and Found in the Lakes** 1/16. Lost treasures. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 NEW SERIES **I Escaped to the Country** 1/5. From Somerset. (S)
3.45 NEW SERIES **The Bidding Room** 1/30. Hosted by Nigel Havers. (S)
4.30 NEW SERIES **The Travelling Auctioneers** 1/20. With Izzie Balmer and JJ Chalmers. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

5.15 Pointless

7 PM

7.00 The One Show
Alex Jones and Lauren Laverne present the topical show. (S)

7.30 EastEnders
The events of New Year's Eve continue to have repercussions, and one Walford resident helps a friend in need. (S)(AD)

8 PM

8.00 Panorama: E-Bikes – The Battle for Our Streets
New edition In-depth current affairs report. (S)

8.30 Scam Interceptors
A scammer lures a man who believes he is talking to an internet retail giant. (S)(R)

9 PM

9.00 NEW SERIES **Silent Witness**
Exodus 20:17 – Part One: 1/10. Return of the crime drama starring Emilia Fox. The body of an elderly woman is discovered in a cave. *See feature, page11.* (S28) (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 NEW TO BBC1 **Sir Alex**
1/2. The career of former Manchester United boss Alex Ferguson, the most decorated manager in British football history. Featuring accounts from former players and adversaries, including Wayne Rooney, Rio Ferdinand, Gordon Strachan and Kenny Dalglish. *Previously on BBC Scotland.* (S)(AD)
■ Concludes tomorrow
11.40 **Mrs Brown's Boys New Year's Special** 2/2. Agnes plans to turn her spare room into a bed-and-breakfast. (S)(R)(AD)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **A to Z of TV Gardening** (S)(R)
7.00 **Celebrity Escape to the Country** With Tim Campbell. (S)(R)
8.00 **Sign Zone: Clive Myrie's Caribbean Treasures** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **The Great British Year** (S)(R)(AD)
4.15 **Who Do You Think You Are?** Chris and Xand van Tulleken. (S)(R)(AD)
5.15 **Flog It!** From Dover Castle. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton. (S)
6.30 NEW SERIES **Joanna Page's Wild Life** 1/15. The actor trains as an animal care assistant. (S)

8.00 Only Connect

7.00 NEW **Scams & Scandals: Captain Tom – What Went Wrong?** The downfall of the Captain Tom Foundation. (S)(AD)

7.30 Celebrity Mastermind
New edition 11/14. With Glenn Moore, Suzanne Shaw, Jon Kay and Beattie Edmondson. (S)

8.00 Only Connect
New edition Too Many Cookes take on the Tea Totallers. (S)

8.30 University Challenge
New edition Amol Rajan hosts as the second round of the student quiz continues. (S)

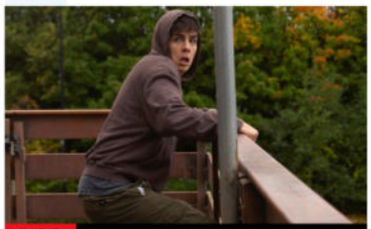
9.00 7/7: The London Bombings
New edition 2/4. Scene of crime investigators pick through the wreckage at the sites of the explosions, discovering evidence leading them to conclude these were suicide bombings. (S)(AD)
■ Entire series on BBC iPlayer

10.00 QI
Host Sandi Toksvig and regular panellist Alan Davies are joined by Neil Delamere, Cariad Lloyd and Chris McCausland. (S)(R)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 FILM **Nowhere Special** Drama starring James Norton and Daniel Lamont. A window cleaner is given only a few months to live, and attempts to find a new family for his three-year-old son. (S) (2020, 12, 90min) ★★★★
12.35 AM **Sign Zone: Countryfile** A winter walk along the South West Coast Path. (S)(R)
1.30 **Sign Zone: The Traitors** (S)(R)(AD)
2.35 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Laurence Llewelyn-Bowen and Denise Van Outen. (S)(AD)
3.00 NEW SERIES **Lingo** Adil Ray returns with the quiz show. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts the game show as contestant Alex takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



8.00 Coronation Street

7.30 Emmerdale
A suspicious Dawn points the finger, Rhona is still upset with Marlon, and Jacob feels overwhelmed. (S)(AD)

8.00 Coronation Street
With Betsy still refusing to believe in his innocence, Mason prepares to leave Weatherfield to escape his brothers. However, Matty and Logan soon track him down, and Dylan and Abi get caught up in the fallout. (S)(AD)

9.00 Playing Nice
New episode 2/4. Pete and Maddie begin the fight to keep Theo, but it's a painful process and the constant dredging up of their past starts to damage their relationship. (S1) (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 Britain's Notorious Prisons: Strangeways
Featuring first-hand testimony from past inmates and staff, this documentary tells the truth about life behind the walls of Manchester's Strangeways Prison. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** Vietnam Airlines battle baggage woes in the lead up to the busy holiday period. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Vera, Farewell Pet** Documentary going behind the scenes of the hit detective drama. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 9-11/26. (S8) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 17-20/24. (S9) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** A New York diner. (S)(R)
11.35 **News** (S)(R)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A woman from Birmingham searches for a holiday home in Mar Menor. (S)(R)
4.00 NEW SERIES **A New Life in the Sun** A couple hope to turn a pest-infested property into a luxury holiday let in Portugal. (S)
5.00 NEW SERIES **Junior Bake Off** 1/15. Host Harry Hill kicks off the series with Cake Day. (S)(AD)
6.00 **A Place in the Sun** New edition A family plan to move to the Andalucían town of Cómpeta. (S)

8.00 Jamie's £1 Wonders...

7.00 News (S)

8.00 NEW SERIES **Jamie's £1 Wonders & Money-Saving Meals**
1/6. Jamie Oliver presents budget-beating recipes and tips for delicious food at low prices, beginning with an Indian-inspired dosa recipe. (S)(AD)

9.00 NEW **24 Hours in Police Custody: Breakout**
An account of the key events in an escape attempt from the Yarl's Wood immigration removal centre in Bedfordshire. (S)

10.00 NEW SERIES **The Amazon Review Killer**
1/2. The shocking true story of Todd Kohlhepp, a serial killer whose Amazon reviews were linked to his crimes. The first edition explores Kohlhepp's disturbing past. (S)(AD)
11.05 **The Amazon Review Killer** Series finale 2/2. Detectives dig into a series of missing-person cases that start to intertwine. (S)(AD)
12.05 AM **24 Hours in A&E** (S)(SL)(R)
1.00 **Ramsay's Kitchen Nightmares USA** From Michigan. (S)(SL)(R)
1.50 **Undercover Boss USA** (S)(R)
2.40 **Grand Designs** (S)(SL)(R)(AD)
3.35 **Hollyoaks Omnibus** (S)(SL)(R)
4.40 **Kirstie's Fill Your House for Free**
4.55 **Frasier** 12&13/24. (S7) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S7) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **The Miss Broukes Murder Mysteries** Whodunit starring Ansley Gordon. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition A woman prepares to open her new beachside bar in Spain. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Following snowplough teams and RAC patrols in Scotland and the north of England. (S)(R)
6.25 The town of Lochcarron is effectively cut off. (S)(R)
6.55 **News** (S)

9.00 Motorway Cops: Catching...

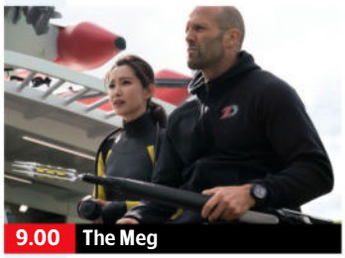
7.00 **Police Interceptors** New edition Paul Jackson responds when a man threatens his own family, and a medical centre receptionist is threatened with a knife. (S)
7.55 **News** (S)
8.00 **Traffic Cops** New edition Officers are on the hunt for a van taken without keys from a driveway, but with the suspects changing the number plates, tracking it down becomes much harder. (S)
9.00 NEW SERIES **Motorway Cops: Catching America's Speeders** Documentary series following New Jersey police. A patrolman is called to an exploding minibus. (S)
10.00 **Police Raid: Minute by Minute** In south Wales, an elite task force tackle one of their biggest ever operations, targeting a large group suspected of supplying drugs across the region. (S)(R)
11.05 **World's Strongest Man** Action from the final. (S)(R)
12.35 AM **999: Criminals Caught on Camera** A look at the use of CCTV to fight crime. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Britain's Greatest Bridges** (R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (S)(R)
12.00 NOON **Supergirl** (S5) (S)(R)
1.00 PM **S.W.A.T.** (S3&4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 22/22. (S3) (S)(R)
5.00 **The Simpsons** *The Very Hungry Caterpillars:* A plague of insects shuts down Springfield. (S)(R)
5.30 *My Life As a Vlog:* The story of the rise and fall of the family's vlog. (S)(R)
6.00 **The Office (US)** 21/28. Michael becomes increasingly careless under pressure. (S)(R)
6.30 22/28. Michael tries to recruit a dream team to work for his new company. (S5) (S)(R)



9.00 The Meg

7.00 **The Simpsons** *The Many Saints of Springfield:* When Ned falls on hard times, Fat Tony makes him an offer he cannot refuse. (S)(R)
7.30 *Clown v Board of Education:* Krusty opens a school for clowning. (S)(R)
8.00 **Rob & Romesh vs Hollywood Stunts** Romesh and Rob head to Los Angeles to meet *The Fall Guy* stars Ryan Gosling and Emily Blunt, and throw themselves into the world of Hollywood stuntmen. (S)(R)
9.00 FILM **The Meg** Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long prehistoric shark. With Bingbing Li, Rainn Wilson and Ruby Rose. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **Micky Flanagan: If Ever We Needed It** A stand-up show in which the comedian discusses life since turning 60. (S)(R)
12.25 AM **The Force: Manchester** Crime documentary. (S)(R)
1.20 **Brit Cops: Frontline Crime UK**
2.15 **Road Wars** (S)(R)
3.10 **Magnum P.I.** (S5) (S)(R)(AD)
4.05 **MacGyver** (S3) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00pm NEW SERIES Anna Haugh's Big Irish Food Tour (S) **8.30-9.00pm** Panorama: E-Bikes: The Battle for Our Streets New edition (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cysgu O Gwmpas (AD) **12.30** Heno **1.00** Ralio yn 20 **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cymru Wyllt **4.00** Awr Fawr **5.00** Stwnsh Sadwrn **6.00** Richard Holt: Yr Academi Felys **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW SERIES Gwladfa **8.25** NEW SERIES Y Ci Perffaith **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **9.30** Sgorio **10.00** Amour a Mynydd **11.00-11.35pm** Codi Hwyl

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Gladiators: Celebrity Special** With Rob Beckett, Joel Dommett, Louise Minchin and Ellie Taylor.
7.55 **The Catch Up**
8.00 **The Simple Life** Paris Hilton and Nicole Richie sample life on a farm. **8.20** Paris and Nicole join a quilting circle. **8.40** The duo each get jobs at a burger bar.
9.05 **The Traitors** 2/12. The first banishment takes place.
10.05 **The Traitors: Uncloaked** 2/12. Ed Gamble and his guests discuss recent events.
10.35 **Back to Life** 1/6. Comedy starring Daisy Haggard. Miri Matteson is released from prison after 18 years. **11.05** 2/6. Miri starts work at a fish and chip shop. **11.30** 3/6. Miri and Billy embark on an adventure at an amusement park. (S1)
12.00 M'T **Kidnapped: The Chloe Ayling Story**
1.00 AM **Brickies**
1.30 **Top Gear**
2.30 **to 3.55** AM **Back to Life**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Indian Hill Railways – Darjeeling** 1/3. A look at the relationship between the Himalayan people and their historical railway.
8.00 **Winter's Weirdest Events** Unusual natural events that occur during the season, from tornadoes made of snow to penguins attempting death-defying feats.
9.00 **Lost Home Movies of Nazi Germany** 1/2. Documentary delving into private film collections from the Nazi era. **10.00** 2/2. Amateur footage from the latter half of the war offers an insight into life and atrocities in Germany.
11.00 **Building Britain's Biggest Nuclear Power Station** The building of Hinkley Point C nuclear power station.
12.00 M'T **Cold War, Hot Jets**
1.00 AM **Indian Hill Railways – Darjeeling** As 7.00pm.
2.00 **D-Day: The Last Heroes**
3.00 **to 4.00** AM **Winter's Weirdest Events**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Boston.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a neglected 1988 Fiat Uno Turbo in Northamptonshire. **6.55** Tim and Fuzz head to Huddersfield to rescue a 1992 VW Corrado.
7.55 **Grand Designs** Gallery owner Elinor and fitness entrepreneur Born set themselves the task of creating Britain's first hypoallergenic house in a leafy back garden plot in south-west London.
9.00 **Tsunami 2004: The Day the Wave Hit** 2/2. Holidaymakers share their experiences of the disaster, including a woman who was separated from her family on the beach.
10.00 **Emergency** 1/4. A paratrooper arrives at the Royal London following a paragliding accident.
11.05 **24 Hours in A&E**
12.10 AM **Tsunami 2004: The Day the Wave Hit**
1.15 **Emergency**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon** (S6&7)
10.00 **The Big Bang Theory**
11.00 **Modern Family** (S6)
12.00 NOON **The Big Bang Theory** 21-24/24. (S4)
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family** (S6)
4.00 **Young Sheldon** (S7)
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Ro continues to struggle with Arlo's taunts.
7.30 **Modern Family** 14/22. Phil thinks he has found Pepper his dream home. (S10)
8.00 **The Simpsons** *Bart Stops to Smell the Roosevelts:* Bart discovers a passion for American history. **8.30** *Treehouse of Horror XXII:* A collection of spine-tingling Halloween tales.
9.00 **Celebrity Gogglebox** Famous faces appraise *Antiques Roadshow* and *My Gay Dog and Other Animals*.
10.05 **Gogglebox** Opinions on *This Morning* and *Top Gear*.
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Celebrity Gogglebox**
2.20 **Gogglebox**
3.15 **First Dates**
4.10 **Teen First Dates**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol** Double bill.
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Caught Red Handed** A pair of bickering burglars ram a vehicle into a building. **11.40** Three burglars think they have struck it lucky. **12.20** PM A man struggles to steal a portrait bigger than him.
1.00 **Caught on Dashcam**
3.00 **UK Border Force**
4.00 **Nothing to Declare**

11.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Love Is Blind:* 2/22. The team investigate a young Ivy League dropout connected to two deaths. (S5)

9 PM
9.00 **Fire Country** *Off the Rails:* 18/22. The crew respond to a derailed train but the rescue gets more complicated. (S1)

10 PM
10.00 **Law & Order: Special Victims Unit** *Controlled Burn:* 6/22. Rollins looks into an assault at an underground party. (S24)
11.00 **The Rookie** 9/20. (S1)
12.00 M'T **Chicago Fire** 1/13. (S12)
1.00 AM **The Good Doctor** (S2)
2.00 **Matlock** New episode *Belly of the Beast:* 7/10. Drama. (S1)
3.00 **Bull** 1/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Highway Patrol**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.50 **The Sopranos** 6&7/13. (S3)
10.00 **Billions** 1&2/12. (S1)
12.10 PM **Game of Thrones** (S1)
1.25 **Boardwalk Empire** (S3)
3.40 **The Sopranos** 6/13. Meadow's social life at college takes a sudden turn for the worse. **4.40** 7/13. Paulie and Christopher argue, while Junior has surgery for cancer. (S3)
5.45 **Billions** 1/12. American drama starring Paul Giamatti and Damian Lewis. (S1)

9.00 The Tattooist of Auschwitz

7 PM
6.50 **Billions** *Naming Rights:* 2/12. Chuck's probe is temporarily derailed by a new investigation. (S1)
7.50 **Game of Thrones** *Winter Is Coming:* 1/10. Lord Eddard Stark faces a dilemma when he is asked to serve with King Robert Baratheon. (S1)

8 PM

9 PM
9.00 **The Tattooist of Auschwitz** 1/6. Fact-based Holocaust drama starring Jonah Hauer-King and Anna Prochniak.

10 PM
10.05 **The Tattooist of Auschwitz** 2/6. Lali takes a huge risk to see prisoner 4562 again, putting her in grave danger. (S1)
11.10 **The Gilded Age** 1/8. Return of the period drama starring Carrie Coon. (S2)
12.20 AM **Gangs of London** (S2)
1.30 **Game of Thrones** As 7.50pm.
2.45 **Gomorrah** 5/12. (S2)
3.50 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Bondi Rescue**
7.00 **Highway Patrol**
8.00 **Supergirl** 16/19. (S5)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 18/19. (S5)
1.00 PM **S.W.A.T.** (S3&4)
3.00 **Magnum P.I.** 10/20. (S5)
4.00 **MacGyver** 22/22. (S3)
5.00 **DC's Legends of Tomorrow** 9/15. Rory gets some news from his daughter Lita. (S6)
6.00 **Stargate Universe** 1/20. Part one of three. First episode of the sci-fi drama. (S1)

5.00 DC's Legends of Tomorrow

7 PM
7.00 **Stargate Universe** *Air – Part Two:* 2/20. The members of the group realise they must work together. (S1)

8 PM
8.00 **Rob & Romesh vs Hollywood Stunts** 1/4. Rob Beckett and Romesh Ranganathan learn about film stunt work.

9 PM
9.00 **Friends: The Reunion** One-off special in which *Friends* stars Jennifer Aniston, Lisa Kudrow, Courteney Cox, David Schwimmer, Matt LeBlanc and Matthew Perry get together to reminisce about the comedy series.

10 PM
11.00 FILM **Bruce Lee's Big Boss** Martial arts action thriller starring Bruce Lee and Maria Yi. (1971, 18, 94min) ★★
1.00 AM **Warrior** 3/10. Strickland takes menacing steps. (S3)
2.00 **Road Wars**
3.00 **Magnum P.I.** 10/20. (S5)
4.00 **MacGyver** 22/22. (S3)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 9/23. The sisters vanquish a demon. (S6)
3.55 **Gilmore Girls** 7/22. Lorelai persuades Rory to partner her in a dance marathon in the hope of defeating Kirk. (S3)
4.55 **Dinner Date**

5.55 The Philosopher's Stone

7 PM
5.55 FILM **Harry Potter and the Philosopher's Stone** Fantasy adventure starring Daniel Radcliffe as the famous boy wizard, who does not learn of his magical heritage until his 11th birthday. (2001, PG, 152min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 NEW SERIES **Social Media Murders** Documentary exploring the murder of 27-year-old mother Jade Ward.

10 PM
10.00 **Olivia Attwood: The Price of Perfection** Olivia explores Generation Z's obsession with cosmetic surgery.
11.00 **Family Guy** 22/22. Peter tries to convert Chris to Judaism. **11.35** 13/22. The family visit Lois's parents. (S3)
12.05 AM **American Dad!** (S16)
1.05 **Bob's Burgers** 8&9/22. (S7)
2.00 **Iain Stirling's CelebAbility**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Paying the Price:* Jack becomes involved in the search for a kidnapper after a woman disappears.
5.55 **Heartbeat** *Full Circle:* Mike reunites an estranged family while investigating a puzzling spate of burglaries.

10.05 The Bay

7 PM
7.00 **Heartbeat** *The Seven Year Itch:* A face from the past returns to haunt Blaketon, and Greengrass acts as a pawnbroker.

8 PM
8.00 **Midsomer Murders** *The Great and the Good:* A schoolteacher keeps waking in the night, believing she has an intruder, but her neighbours think nothing to it until a councillor is found dead in her garden. Guest stars Paul Kaye.

10 PM
10.05 **The Bay** 4/6. Dean is faced with another life-changing event, and Jenn fears that he may do something he regrets. (S4)
11.00 **Wire in the Blood** *Still She Cries:* Tony persuades the police to reopen the case of a convicted child-killer, but soon has to turn his attention to the abduction of a student's friend.
12.55 AM **The Darling Buds of May**
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Back from the Brink**
3.00 **Sign Zone: My Kind of Town: Kirkcudbright**
3.30 **Sign Zone: Grand Tours of Scotland's Rivers**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Life on the Bay**
8.00 NEW **Repair Shop on the Road** Dominic Chinea and Will Kirk visit the Scottish Boat Building School.
8.45 **Growing Up Scottish** A look at friendships.
9.00 NEW SERIES **Jules and Greg's Wild Swim** 1/5. Julie Wilson Nimmo and Greg Hemphill visit Barra. **9.30** New edition 2/5. Julie and Greg have a go at bodysurfing.
10.00 **Stevens & McCarthy**
10.30 **The Scotts** 3/6. (S3)
11.00 PM **to 12.00** M'T **Dog Days** Drama.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 7&8/10. (S1)
9.15 **The Conners** (S1)
10.05 **Silicon Valley** (S1)
11.15 **Barry** 1&2/8. (S1)
12.35 PM **Entourage** (S3)
1.45 **Silicon Valley** (S1)
3.05 **Barry** 1&2/8. (S1)
4.30 **Ballers** 7&8/10. (S1)
5.45 **The Office (US)** (S5)
6.45 **The Conners** (S1)
7.45 **Ballers** 1&2/10. (S1)
9.00 **And Just Like That...** *Meet Cute:* 1/11. Carrie questions whether she's really ready for more than a casual fling. **9.50** *The Real Deal:* 2/11. Carrie struggles with a script, and chaos ensues when Miranda loses her phone. (S2)
10.40 **Veep** 3&4/10. (S4)
11.50 **Micky Flanagan: If Ever We Needed It** A stand-up show by the comedian.
1.05 AM **Black Monday** (S3)
2.20 **Barry** 1&2/8. (S1)
3.35 **to 5.00** AM **The Righteous Gemstones**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **George Balanchine's The Nutcracker**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **Cirque du Soleil: Zaia**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Portrait Artist of the Year 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **André Rieu: Love in Venice** Ten years of the violinist's Vrijthof series.
11.20 **André Rieu: Magic of Maastricht**
12.20 AM **Andrea Bocelli: The Journey**
2.20 **Hans Zimmer: Live in Prague** A 2016 concert.
5.10 **Smokey Robinson: Music Icons**
5.35 **to 6.00** AM **Glen Campbell: Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 1/26. (S6)
5.00 **Atlantis** 1/13. (S2)
6.00 **Star Trek: Deep Space Nine** *The Reckoning:* 21/26. A mysterious prophecy predicts a titanic struggle. (S6)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S6)
9.00 **SEAL Team** (S3)
11.00 **Killer in My Village**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.05 **Made in Italy**
9.05 **Celebrity Dinner Date**
10.05 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Made in Italy**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 NEW SERIES **Million Dollar Listing: LA**
8.00 **Dinner Date**
9.00 **Emergency Nurses: A&E Stories**
10.00 **Totally Unbelievable: Celebrity Homes**
11.00 **The TOWIE Years**
12.00 M'T **Only Way Is Essex**
1.00 **to 1.30** AM **Buying the View**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Hart to Hart** 3/23. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 1/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 4–7/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *But What a Sweet Little Room:* 13/26. A fake medium is rumbled in the search for a missing woman. (S1)
10.00 **The New Avengers** *The House of Cards:* 2/13. The crime-busting trio race to uncover an assassination ring. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **The Adventures of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.30 PM **The Adventures of Sherlock Holmes** Mystery.
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Minder**
4.50 **The Professionals**
6.00 **BattleBots** New edition

9.00 Mission: Impossible II

7.00 **The Motorbike Show** Henry Cole rides a 1960s drag bike at North Weald airstrip and tells the story of the Brough Superior.
8.00 **The Grand Fishing Adventure** Ali Hamidi and Bobby Zamora are in central Spain trying to catch a comizo barbel.
9.00 FILM **Mission: Impossible II** Action thriller sequel starring Tom Cruise. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. (2000, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Two and a Half Men**
12.30 AM **Motorsport UK**
1.30 **The Sweeney**
2.25 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Auto Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 14/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 7/26. (S5)
2.00 **Warehouse 13** 1/13. (S1)
3.00 **Stargate SG-1** 16/22. (S7)
4.00 **Star Trek: Voyager** 6/16. (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 14/22. Riker is offered the chance to be the captain his own starship. (S2)

9.00 The Walking Dead

7.00 **Warehouse 13** *Pilot – Part One:* 1/13. Two secret service agents are put in charge of a collection of supernatural items. (S1)
8.00 **Stargate SG-1** *Death Knell:* 16/22. When Anubis's drones attack the Alpha site, Carter goes missing in action. (S7)
9.00 **The Walking Dead** *Days Gone Bye:* 1/6. A county sheriff wakes from a coma to find the world has been ravaged by an epidemic of zombies. (S1)
10.10 **Grimm** *Pilot:* 1/22. First episode of the fantasy crime drama starring David Giuntoli. (S1)
11.00 FILM **Zodiac: Signs of the Apocalypse** Sci-fi disaster movie starring Christopher Lloyd. (2014, PG, 90min) ★
1.00 AM FILM **Arctic Armageddon** Sci-fi thriller starring Patrick Labyorteaux and Joe Finfera. (2023, 12, 86min) ★★
3.00 **The Swarm** 7/8. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 2/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S5)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 2/16. The clock is ticking as Charlie and Rex try to find a killer. (S2)
6.00 **Father Brown** *The Devil You Know:* A senior member of the police force is murdered at a bowls match.

8.00 White Collar

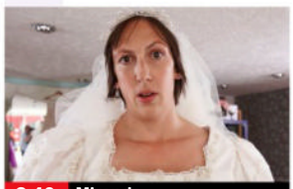
7.00 **The Mentalist** *Red Gold:* 15/24. Hightower replaces Lisbon on an investigation into the strange death of a gold prospector. (S3)
8.00 **White Collar** *Prisoner's Dilemma:* 7/16. Peter tries to clear an FBI agent accused of selling witness locations. (S2)
9.00 **Father Brown** *The Scars of War:* Sullivan asks for Father Brown's help when Mrs Devine's son Eddie is framed for murder.
10.00 **Death in Paradise** *Undercover and Out:* 4/9. Florence is in familiar surroundings amid a murder investigation. (S11)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Hudson & Rex** As 5.00pm.
2.00 **Murdoch Mysteries** 8/13. Murdoch makes a deal to ensure Anna's safety. (S5)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.20 AM **Only Fools and Horses**
10.20 **Keeping Up Appearances**
10.55 **Are You Being Served?**
11.35 **Open All Hours**
12.10 PM **Last of the Summer Wine**
1.25 **Keeping Up Appearances**
2.05 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army** Corporal Jones finds himself cast adrift.


8.40 Miranda

7.20 **Dad's Army** Captain Mainwaring sends his men on lengthy route marches to harden their feet.
8.00 **dinnerladies** Norman the breadman fails to deliver, and Jean has bridesmaids' knickers on her mind.
8.40 **Miranda** First episode of the comedy with Miranda Hart and Sarah Hadland.
9.20 **Gavin & Stacey** First episode starring Mathew Horne and Joanna Page.
10.00 **The Royle Family** First episode of the comedy series with Sue Johnston and Ricky Tomlinson.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.10 **Miranda** As 8.40pm.
1.50 **Gavin & Stacey** As 9.20pm.
2.30 **The Royle Family**
3.00 **Miranda** As 8.40pm.
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
2.00 PM **Speed with Guy Martin**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** The duo go on a culinary journey around Asia, beginning in Hong Kong.
6.00 **Rick Stein's India** The chef visits the region of Himachal Pradesh, where he has an audience with the Dalai Lama.

5.00 The Hairy Bikers' Asian...

7.00 **QI** Alan Davies, Jimmy Carr, Phill Jupitus and Johnny Vegas answer questions about eating.
7.40 **Richard Osman's House of Games** With Raj Bisram and Josie Lawrence. **8.20** With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.
9.00 **QI XL** Sandi Toksvig hosts an 'Upsadaisy' edition with Justin Moorhouse, Emmanuel Sonubi, Holly Walsh and Alan Davies.
10.00 **Have I Got a Bit More News for You** Host Clive Myrie is joined by actor Munya Chawawa and journalist Helen Lewis.
11.00 **8 Out of 10 Cats** With Sara Pascoe and Jamali Maddix.
11.40 **Mock the Week**
1.00 AM **QI** As shown at 7.00pm.
1.40 **Survivor South Africa**
2.45 **Release the Hounds**
3.35 **to 4.00** AM **Travel Man: 48 Hours in Budapest**

+1 hour 211/212 327 74

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun: Where Are They Now?**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 6-8/24. (S7)
4.00 **Sarah Beeny's New Life in the Country**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **The World's Biggest Cruise Ship** The construction of cruise ship *Icon of the Seas.*
8.00 **Britain's Extreme Weather 2024** How everyone wilted in the hottest May on record.
9.00 FILM **The Godfather Part II** Thriller sequel starring Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
1.00 AM FILM **The Naked Gun 33⅓: The Final Insult** Comedy sequel starring Leslie Nielsen and Priscilla Presley. (1994, 12, 83min) ★★★
2.35 **to 4.35** AM **The Big Fat Quiz of Everything**

5USA

141/169 120/162 21 129

9.00 AM **NCIS: Hawaii** (S1)
1.00 PM **Law & Order** (S13)
6.00 **NCIS** *Last Man Standing:* 1/25. Gibbs discovers a link between the murder of a petty officer and the break-up of his team. **7.00** *Agent Afloat:* 2/25. A lieutenant's wife is found murdered. **8.00** *Capitol Offence:* 3/25. An old friend of Gibbs' claims he is being framed for a murder. **9.00** *Heartland:* 4/25. A Marine is found murdered and another badly injured in Gibbs's home town. (S6)
10.00 **Law & Order: Special Victims Unit** *Hardwired:* 5/24. The team face a dilemma regarding a child abuse case. (S11)
11.00 **Law & Order: Special Victims Unit** (S11 &24)
2.50 AM **Criminal Minds**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark** A woman arrives with a swollen and painful arm.
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Police Interceptors**
12.20 PM FILM **Posse from Hell** Western with Audie Murphy and John Saxon. (1961, PG, 85min) ★★
2.10 FILM **Gunpoint** Western. (1966, U, 86min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors** The Tactical Support Group head up a dawn raid. **7.00** A team execute a dawn raid on a suspected drug dealer. **8.00** Officers go after suspects who reportedly stole a car at knifepoint.
9.00 FILM **Big Trouble in Little China** Adventure starring Kurt Russell and Kim Cattrall. (1986, 15, 100min) ★★★
11.05 FILM **Rage** Thriller starring Nicolas Cage. (2014, 15, 98min) ★★
1.10 AM **Police Interceptors**
3.10 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance: Coast and Country** Documentary.
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build** Helping a young disabled athlete in Cheltenham. **7.00** A family whose son has cerebral palsy.
8.00 **Inside the Ambulance** Crews help a child with signs of meningitis.
9.00 **999 Rescue Squad** An injured woman is trapped in a van crushed between two lorries. **10.00** A man wielding a samurai sword.
11.00 **Aaron Hernandez Uncovered**
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **MasterChef Canada: Back to Win**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.15 AM **London's Burning**
8.05 **Doctors** Double bill.
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *Hunting the Stag:* 4/4. A groom-to-be is shot dead on a hunting trip. (S1)
10.00 **New Tricks** *17 Years of Nothing:* A Home Office pathologist joins the team in trying to find out the identity of a body found in woodland in 1987.
11.20 **Bergerac**
12.30 AM **A Small Light**
2.35 **to 4.00** AM **Holby City**

+1 hour 243 316 60

MONDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun: Home or Away**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House**
7.00 **Celebrity Antiques Road Trip** Double bill.
9.00 **The Yorkshire Auction House** New edition The team perform house clearances and uncover hidden gems. **10.00** Angus Ashworth visits a home dressed like a Victorian townhouse.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Bob's Full House**
11.40 **Bruce Forsyth's Generation Game**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze**
6.00 **Bob's Full House**
6.40 **Bruce Forsyth's Generation Game** Vintage game show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Quiz hosted by Warwick Davis, with five family members answering questions about top 10 lists.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies** Quiz hosted by Ross Kemp.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Game show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wild West Chronicles**
8.50 FILM **Hell in Normandy** World War Two drama. (1968, PG, 89min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★
3.15 FILM **Silverado** Western. (1985, PG, 132min) ★★★
6.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **Eliminators** Thriller with Scott Adkins. (2016, 15, 94min) ★★
11.10 FILM **Escape from Alcatraz** Drama. (1979, 15, 112min) ★★★★
1.40 AM FILM **Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **Island of Shadows**
10.55 FILM **Final Verdict** Crime action drama. (2009, PG, 90min) ★★
1.00 PM FILM **Killer Dearest** Thriller. (2018, 12) ★
2.55 FILM **Hidden Crimes** Thriller. with Tricia Helfer. (2009, 12, 90min) ★★
5.00 FILM **Text to Kill** Drama. (2015, 12, 83min) ★★
7.00 FILM **Stonados** Thriller starring Paul Johansson. (2013, PG, 90min) ★
9.00 FILM **Shooter** Crime action thriller. (2007, 15, 125min) ★★★★
11.30 FILM **Brothers in Arms** Action thriller. (2018, 15, 99min) ★★★
1.40 AM FILM **Lost Letter Mysteries: Family Reunited** Crime drama. (2013, PG, 90min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM FILM **True Justice** Thriller. (2023, PG, 74min) ★★
+1hour 322

GREAT! christmas
319 424 52

8.10 AM FILM **On the Twelfth Day of Christmas** Drama. (2015, PG, 90min) ★★
10.05 FILM **Christmas in Evergreen** (2017) ★★
12.00 NOON FILM **Christmas in Evergreen: Letters to Santa** (2018, PG) ★★
1.55 PM FILM **One Winter Weekend** (2018) ★★
3.50 FILM **One Winter Proposal** (2019, PG) ★★
5.45 FILM **One Perfect Wedding** Drama. (2021, PG, 84min) ★★
7.40 FILM **A Very Country Christmas** Festive drama. (2017, PG, 90min) ★★
9.35 FILM **Christmas at Graceland** Drama. (2018, U, 85min) ★★
11.35 FILM **Christmas Around the Corner** Drama. (2018, PG, 90min) ★★
1.40 AM **Highway to Heaven**
2.50 **to 5.00** AM FILM **Christmas on Ice** Drama. (2020, 15, 73min) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
6.30 FILM **Brief Encounter** Drama. (1974, PG) ★★
8.30 **Huckleberry Finn and His Friends** 1/26. (S1)
9.00 **Space 1999** 1/24. (S1)
10.00 **Bewitched** 31/36. (S1)
10.30 **Watching** 4/6. (S3)
11.00 **A Fine Romance** (S1)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Dick Turpin** (S2)
1.00 PM **Department S** (S2)
2.00 **The Blue and the Gray**
4.45 **Auto Rewind**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 4/6. (S3)
6.00 **Bewitched** 31/36. (S1)
6.30 **Married... With Children**
7.00 **Fantasy Island** (S1)
8.00 **Dick Turpin** (S2)
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **The Blue and the Gray**
1.45 AM **Whose Line Is It Anyway?** Comedy.
2.15 **Monkey** 19/26. (S1)
3.15 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: Last Frontier**
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Double bill of the documentary following Alaskan crab isherman as they brave the waves of the Bering sea looking for king crabs.
9.00 **Naked and Afraid XL** Twelve survivalists enter a punishing African location for their 40-day challenge, where they encounter crocodiles and territorial leopards.
11.00 **Aussie Gold Hunters** The Mahoneys spend thousands on a loader.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Pioneer Woman**
9.00 **My Greatest Dishes**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Pioneer Woman**
5.00 **My Greatest Dishes**
7.00 **The Great British Bake Off** The competitors test their pastry-making skills in Cornwall. **8.00** The contestants go to London for the final.
9.00 **James Martin's Islands to Highlands**
10.00 **Adam Richman Eats Football** New edition Adam is on the south coast to watch Brighton & Hove Albion.
10.30 **Adam Richman Eats Britain** Eton Mess.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 23/28. (S1)
9.00 **The A-Team** 12/13. (S5)
10.00 **T.J. Hooker** 11/22. (S2)
11.00 FILM **Gunsmoke: To the Last Man** Western. (1992, PG, 91min) ★★
1.00 PM FILM **The Pledge** Western. (2008, PG, 79min) ★★★
2.50 FILM **Airport 77** Thriller. (1977, PG, 113min) ★★
5.00 **Star Trek** 17/24. (S3)
6.00 **T.J. Hooker** 12/22. (S2)
7.00 **The A-Team** 13/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Box** Mystery starring Cameron Diaz. (2009, 12, 110min) ★★★
11.15 FILM **Peripheral** Horror with Hannah Arterton. (2018, 18, 110min) ★★
1.05 AM FILM **Bloodline** Psychological thriller with Sean William Scott. (2018, 18, 97min) ★★
3.00 **to 4.50** AM FILM **From the Dark** Horror. (2014, 18, 90min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Riddles of the Sphinx** As 5.00pm.
8.00 FILM **Apocalypse of Ice** Disaster thriller. (2020, PG, 88min) ★★
10.00 **Andromeda** 15/22. (S5)
11.00 FILM **Ape vs Monster** Sci-fi fantasy adventure. (2021, 12, 88min) ★★
1.00 PM FILM **The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
3.00 **Andromeda** 15/22. (S5)
4.00 **Star Trek** 2/30. (S1)
5.00 FILM **Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
7.00 **Andromeda** 16/22. (S5)
8.00 **Star Trek** 3/30. (S1)
9.00 FILM **Last Passenger** Disaster thriller. (2011, 15, 95min) ★★★
10.55 FILM **A Good Woman Is Hard to Find** Thriller. (2019, 18) ★★★★
1.00 **to 3.00** AM FILM **Last Passenger** As 9.00pm.
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters: Pawn Shop Edition**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters**
11.10 **Phantom Signals**
12.10 PM **Strangest Things**
1.05 **Egypt's Unexplained Files** Villainy and vice.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Secrets of the Lost Liners** The *Achille Lauro*.
12.00 M'T **Deadman's Curse**
1.00 AM **Close Encounters**
2.00 **Phantom Signals**
3.00 **Hardcore Pawn**
3.25 **Auction Kings**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **Nick Knowles' Big House Clearout**
10.00 **Nick Knowles' New Year Clearout**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **Eggheads**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **The Yorkshire Vet** Peter learns how to use the CT scanner.
9.00 **Yorkshire Great and Small with Dan and Helen** The duo explore Yorkshire's natural beauty starting in Malham.
10.00 **Inside the Tower of London** Documentary.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Amazing Railway Adventures**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A couple of equestrian enthusiasts search for a home in Somerset that has land for their horses.
9.00 **Fixer Upper** Chip and Joanna Gaines buy their own fixer upper to flip.
10.00 **Celebrity IOU** Drew and Jonathan Scott help Hollywood A-listers.
11.00 **Home Town** Ben and Erin help their boss find her dream home.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **I Love a Mama's Boy**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons** **8.00** New edition
9.00 **My Big Fat Fabulous Life** New edition
10.00 **The Culpo Sisters** New edition
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **The Culpo Sisters**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S1)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 11 & 12/22. (S7)
1.00 PM **Friends** (S4&5)
8.00 **Friends** 11/24. The pals announce their New Year's resolutions. **8.30** 12/24. Chandler irritates Monica. (S5)
9.00 **Lee Evans Live from the West End**
10.20 **Alan Carr: Yap, Yap, Yap!** Stand-up comedy.
11.20 **Drunk History**
12.20 AM **Tom Allen Absolutely Live**
1.20 **Mike Judge's Beavis and Butt-Head**
2.20 **Reno 911!** 1/14. (S1)
2.50 **Tom Allen Absolutely Live** Stand-up comedy.
3.35 **The Ricky Gervais Show** 3/13. (S2)
4.00 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 16&17/24. (S4)
11.00 **Friends** (S6&7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 10&11/14. (S5)
4.00 **New Girl** 20&21/24. (S1)
5.00 **Becker** 16&17/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** With guest Jeff Bryan Davis. **9.30** With Nyima Funk.
10.00 **Friends** (S4&5)
1.00 AM **The Ren & Stimpy Show** 5&6/14. (S4)
2.00 **The Ricky Gervais Show** 1&2/13. (S1)
3.00 **Guessable?**
3.45 **Tracy Morgan: Bona Fide** Stand-up comedy.
4.30 **Jimmy Carr: Making People Laugh**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Border Patrol**
12.00 NOON **Stop, Search, Seize** Documentary.
2.00 PM **The Real A&E**
3.00 **Highway Cops**
4.00 **Border Patrol**
5.00 **Coroner** 1/12. (S4)
6.00 **New Amsterdam** *TBD:* 1/13. Max deals with the fallout from Helen's decision. (S5)
7.00 **MacGyver** 1&2/21. (S1)
9.00 **SurrealEstate** (S1)
11.00 **For Life** 1/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own Road Trip: Southeast Asia**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 13/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Double bill.
9.00 **Teen Mom Young & Pregnant Catch Up**
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **Teen Mom UK: Their Story** Mia and the newest member Emma tell us their story.
9.00 **Just Tattoo of Us: The Best So Far** *Geordie Shore* star Nathan drops in to co-host with Charlotte.
10.00 **Skin A&E** The clinic helps patients with acne.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition The gang run from freaky fliers in 'deep bat fear'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers World Tour**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold** Todd looks for richer paydirt. **4.00** The Hoffmans try to run through paydirt before winter.
5.00 **Deadliest Catch** With half the crab boats tied up, Sig devises a plan to save the fishery from destruction, and Johnathan Hillstrand returns to help.

10.00 Texas Metal

7.00 **Salvage Hunters** Drew Pritchard looks for items worthy of restoration at a former Naval Royal Hospital School.
8.00 **Kindig Customs** A 1971 Chevy Nova with tremendous pedigree arrives at the shop to get classic styling cues.
9.00 **Custom Carolina** New edition The crew must finish up a 1954 Chevy Corvette build before a local car show.
10.00 **Texas Metal** New edition A 1953 tanker tests the team, and a golf cart gets remade into a high-speed electric demon.
11.00 **Gold Divers** Part two of two. Emily deploys her new diver.
12.00 M'T **Street Outlaws** The 405 gets ready for their first list race of the season.
1.00 AM **Custom Carolina**
2.00 **Texas Metal** As 10.00pm.
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Insane Pools: Off the Deep End** Documentary.
3.00 **Legends of the Wild**
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff looks back at the most special and inspiring cases. **5.00** A servicewoman brings in a pit bull with an injured leg.
6.00 **Extinct or Alive** A unique crocodile species in Columbia.

6.00 Extinct or Alive

7.00 **Amanda to the Rescue** Amanda and her family go on a rescue mission to Hawaii, where shelters have been overrun.
8.00 **Expedition Bigfoot** New team member Ronny joins Mireya in a race to the nest to collect DNA samples.
9.00 **Expedition Bigfoot** Mireya and Ronny make a powerful discovery, while Bryce suspects Bigfoot is emoting infrasound.
10.00 **Alaska: The Last Frontier** Atz Lee and Jane rush to the aid of a neighbour who has lost access to fresh water.
11.00 **Crikey! It's the Irwins** Robert handles a hostile wombat called Bunker. **12.00** M'T Terri responds when wallaby Daniel is severely injured and cannot walk.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Air Crash Investigation**
3.00 **Mega Volcano: Drain the Oceans** The Ring of Fire.
4.00 **Seconds from Disaster** The 1987 fire at King's Cross station.
5.00 **Car S.O.S** A French classic car.
6.00 **Construction Fails** Exploring mishaps and how disaster could have been averted.

10.00 Ice Road Rescue: Highway...

7.00 **Air Crash Investigation** The investigation into why a plane burst into flames on the runway.
8.00 **Nazi Megastructures** How Hitler nationalised the production of aircraft and munitions under the strategy of Total War.
9.00 **To Catch a Smuggler** New edition CBP seizes cocaine in Texas, while San Diego Border Patrol tracks human smugglers.
10.00 **Ice Road Rescue: Highway Havoc** New edition Compilation of highlights from the documentary series.
11.00 **Air Crash Investigation**
12.00 M'T **UFOs: Investigating the Unknown** Documentary.
1.00 AM **Disaster Autopsy**
2.00 **Bid & Destroy**
2.30 **Abandoned** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **The UnBelievable with Dan Aykroyd**
7.00 **Storage Wars** Ten editions.
12.00 NOON **Secret Societies: In the Shadows** The history of the Knights Templar.
1.00 PM **Dirty Old Cars**
2.00 **WWII's Most Daring Raids**
4.00 **Pawn Stars** Rick swings for the fences on some major league memorabilia. **5.00** A Double Eagle gold coin.
6.00 **American Pickers** The Wolfe brothers sift through a rockstar picker's off-limits collection.

8.00 History's Greatest Aircraft

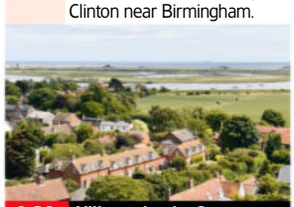
7.00 **Forged in Fire** The smiths are pushed to their limits in intense, single-round matches.
8.00 **NEW SERIES History's Greatest Aircraft** The McDonnell Douglas F-15 Eagle, which turned the tide of the first Gulf War.
9.00 **Holy Marvels with Dennis Quaid** New edition The determination of people who built Stonehenge and Moai statues.
10.00 **Holy Marvels with Dennis Quaid** Series finale How ancient cultures provoked fear with curses and certain objects.
11.00 **Strange Evidence** A deadly shockwave hurtles towards a terrified driver, while a bizarre glowing orb swoops along a remote forest road.
12.00 M'T **Pawn Stars**
2.00 AM **Forged in Fire**
3.00 **History's Greatest Aircraft**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The World at War**
11.00 **Adolf Hitler's War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War** The Allied offensive in the Pacific.
5.00 **Adolf Hitler's War** The first concentration camps are made.
6.00 **Antiques Roadshow** From a manor house Baddesley Clinton near Birmingham.



9.30 Villages by the Sea

7.00 **Great American Railroad Journeys** Michael Portillo reaches the boundary between the northern and southern states.
8.00 **Greece with Simon Reeve** 1/2. Simon takes a tour of Greece, travelling from the islands of the Aegean to Athens.
9.00 **Villages by the Sea** Exploring Parkgate on the estuary of the River Dee. **9.30** The history of the Suffolk village of Orford.
10.00 **Bangers & Cash** Derek and Paul are off to Leeds on a rare father and son road trip to pick up a VW Cabriolet and a Lotus Elite.
11.00 **Abandoned Engineering** A vast project in the icy wilderness of southern Alaska.
12.00 M'T **Great Continental Railway Journeys** Michael Portillo travels across Latvia, Finland and Estonia.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Monday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars** Double bill.
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **The Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
9.00 **Valley of the Kings: The Lost Tombs** Experts dig for major discoveries in Egypt's Valley of the Kings.
11.00 **The Repair Shop** The team restore a vintage harmonium and a hand-crafted doll's house.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Reality series.
10.00 **Curvy Brides Boutique**
11.00 **Say Yes to the Dress: UK** Double bill.
12.00 NOON **Murder Comes to Town** Documentary.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **On the Case with Paula Zahn** New edition
11.00 **On the Case with...**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** A young boy falls from a clifftop. **7.30** A car careers off a ferry into the harbour.
8.00 **Cold Justice** Kelly Siegler and Johnny Bonds look into a young mother's disappearance.
9.00 **NEW SERIES Forensic Factor** How the work of forensic experts applying revolutionary technology helps solves the most violent crimes.
10.00 **Uncovering Melanie's Murderer** Documentary.
11.00 **Descent of a Serial Killer** Gerard Schaefer.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Uncovering Melanie's Murderer** True-crime.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Murder: Fight for the Truth** Double bill.
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Donal MacIntyre's Murder Files**
4.00 **Medical Detectives** How police investigating the murder of a boy were aided by diatoms. **4.30** A mother is abducted and later found stabbed to death. **5.00** An American water-borne epidemic. **5.30** The wife of a Marine is charged with murder when arsenic is found in his organs. **6.00** Forensic evidence betrays a serial killer. **6.30** An 18-year-old girl is abducted while talking on a pay phone.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **What the Killer Did Next** Megan Newton.
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **What the Killer Did Next** Debbie Starbuck.
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Death on the Beach**
12.00 M'T **World's Most Evil Killers** William Bonin.
1.00 AM **Who Killed Jill Halliburton Su?**
2.00 **World's Most Evil Killers**
3.00 **Brit Cops: War on Crime**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Britain's Biggest Dig**
9.30 **Full Steam Ahead**
10.45 **Jungle War**
11.55 **WW2: Battle of Crete**
1.00 PM **Britain's Biggest Dig**
2.15 **Full Steam Ahead**
3.35 **Jungle War**
4.40 **WW2: Battle of Crete**
5.50 **Britain's Biggest Dig** Excavating a Georgian cemetery to make way for the HS2 rail link.
7.10 **Full Steam Ahead** Historians Peter Ginn, Ruth Goodman and Alex Langlands relive the golden age of steam.
8.25 **Jungle War** Investigating how the jungles of the Pacific shaped the battles of World War Two.
9.35 **WW2: Battle of Crete** Telling the story of the World War Two battle.
10.45 **Full Steam Ahead**
12.00 M'T **Jungle War**
1.05 **to 2.00** AM **America the Bountiful**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Guest Wing**
7.00 **Discovering: Yul Brynner**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Rolling Stone: Stories from the Edge** 1/6. Charting the history of the magazine.
11.00 **The Man Who Bought Cricket**
12.00 NOON **A Revolution on Canvas**
2.00 PM **The Last Rider**
4.00 **The Directors**
5.00 **Discovering: Yul Brynner**
6.00 **The Sixties**
7.00 **I Am Jackie O** Profile of Jackie Kennedy Onassis.
8.45 **My Icon: Denise Lewis**
9.00 **Chernobyl: The Lost Tapes** Archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to prevent another explosion.
11.00 **The Truth vs Alex Jones**
1.10 AM **Doom Scroll: Andrew Tate and the Dark Side of the Internet** Documentary.
3.00 **Forced Out**
5.00 **to 6.00** AM **Discovering: Yul Brynner**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Nomads of the Serengeti**
11.00 **Orangutan Jungle School**
12.00 NOON **Arabian Inferno**
1.00 PM **Monkey Life** Double bill.
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Nomads of the Serengeti**
5.00 **Coastal Africa**
6.00 **Arabian Inferno**
7.00 **Monkey Life** The first primates arrive at the Vietnam rescue centre to start their rehabilitation. **7.30** The team begin work on their biggest ever mission.
8.00 **A Cheetah's Pride**
9.00 **Wildlife ER**
10.00 **Arabian Inferno**
11.00 **Coastal Africa**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Israel**
2.00 **A Cheetah's Pride**
3.00 **Wildlife ER**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.50 **Winston Churchill's War**
8.50 **Traitors**
10.00 **Phantom Signals**
11.00 **Ancient Aliens**
1.00 PM **The Jack King Affair**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Winston Churchill's War**
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFO Encounters UK**
8.00 **Instruments of Death**
9.00 **The Nostradamus Effect** Isaac Newton's obsession with biblical prophecies.
10.00 **Deadman's Curse** 1/2. An unlikely prospector arrives with a shocking claim.
11.00 **Royal B**tards: Rise of the Tudors** 3/3. Docu-drama.
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Secret Islands**
3.00 **Secrets of Great British Castles** Dover Castle.
4.00 **Weird or What? With William Shatner** Alien encounters.
5.00 **to 6.00** AM **Close Encounters**

Crime+Investigation

156 837 133

6.00 AM **The First 48 Presents: Critical Minutes**
7.00 **Homicide Hunter**
8.00 **After the First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Green Eyed Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Killer Town**
3.00 **Killer Britain with Dermot Murnaghan** Pawel Relowicz.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **The First 48 Presents: Critical Minutes** Documentary.
7.00 **After the First 48**
8.00 **Murder By Medic**
9.00 **Faces of Evil** New edition
10.00 **Very Scary People** New edition
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Faces of Evil**
2.00 **Very Scary People**
3.00 **Murder by Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Europe's New Wild**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley heads to Sweden to observe brown bears.
8.00 NEW SERIES **Wild Vietnam** 1/2. A look at the wildlife of Vietnam's mountains. **9.00** Series finale 2/2. Exploring southern Vietnam's tropical habitats.
10.00 **Predator Bloodlines** How a leopard learns to survive in the wild with no family.
11.00 **Alaska: The Next Generation**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **Africa's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: North Carolina** Documentary.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shark Attack Files**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Cosmic Collisions**
8.00 **Shark Attack Files**
9.00 **Combat Dealers** Bruce buys and sells German hardware.
10.00 **Shed and Buried** Henry and Sam look through 50 years of accumulated vintage vehicles. **10.30** Henry and Sam head to Oxfordshire, where Sam falls for a Midget racer in a hedge.
11.00 **World's Greatest Motorcycle Rides** Henry Cole rides across the deserts of America.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Exploration Volcano**
1.00 PM **Exploration Volcano**
7.00 **Exploration Volcano** Mount Etna, Europe's largest volcano, is in the throes of its most violent eruption in recent years. **8.00** A hill above the village of Grindavik in Iceland erupts and the Fagradasfjall volcano is born.
9.00 **Dr Christian: 12 Hours to Cure Your Street** The mobile clinic arrives in Bournemouth, where the doctors treat patients with high blood pressure. **10.00** The mobile clinic arrives in Birmingham, where patients include a man who worries his rare phobia will affect his ability to be a father. **11.00** Among the cases in Brighton is a student with a compulsive burping problem. **12.00** M'T A smoker experiencing lung problems.
1.00 AM **Exploration Volcano**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **True Conviction**
9.00 **Forbidden: Dying for Love**
11.00 **Til Death Do Us Part**
1.00 PM **Killer Unknown**
3.00 **The Murder Tapes**
5.00 **Deadly Secrets** The case of a serial arsonist who murdered four people in a California store. **6.00** Steven Willis' efforts to track down a murderer.
7.00 **Murder in the Heartland** A single mother is found beaten and strangled in her own home. **8.00** A hunter is found dead in his car in rural Missouri.
9.00 **The Wonderland Murders** The murder of a woman who worked in an insurance agency.
10.00 **Deadly Influence: The Social Media Murders** An Instagram sex guru becomes entangled with a Sin City resident.
11.00 **People Magazine Investigates: Cults**
12.00 M'T **Grave Secrets**
2.00 AM **Deadly Secrets**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Bad Chad Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Vintage Voltage**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** Richard and the team enter the UK's most prestigious classic car show.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Stars in Their Cars**
4.00 **Blue Angels: A Year in the Life**
5.00 **Shed and Buried: Classic Cars**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Roadworthy Rescues**
9.00 **Bad Chad Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.20 AM **The Night Before Christmas in Wonderland** Animation. (2024, U) ★★★★
9.00 **Problemista** As 5.30am.
10.50 **The 4:30 Movie** As 10.10pm.
12.30 PM **The Fall Guy** As 8.00pm.
2.40 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
4.20 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
6.15 **A Quiet Place: Day One** Horror. (2024, 15) ★★★★

6.15 A Quiet Place: Day One

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The 4:30 Movie Kevin Smith's comedy starring Austin Zajur. During the 1980s, a teenager and his friends sneak into different movie theatres. (2024, 15, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Convert** Action drama. (2024, 15, 119min) ★★★★
1.55 AM **I.S.S** Sci-fi thriller. (2023, 15, 95min) ★★★
3.35 **Abigail** Horror thriller. (2024, 18, 105min) ★★★★
5.30 **to 7.25** AM **Problemista** Comedy with Tilda Swinton. (2024, 15, 104min) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Hulk** As 3.25am.
8.20 **The Flash** As 1.00am.
10.50 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
12.45 PM **Men in Black II** Sci-fi comedy sequel with Will Smith. (2002, PG, 88min) ★★★
2.30 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★
4.30 **Kick-Ass 2** As 11.15pm.
6.15 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★

8.00 Bad Neighbours

8.00 Bad Neighbours Comedy starring Seth Rogen and Zac Efron. A couple enter into a game of one-upmanship with the raucous student household next door. (2014, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Bad Neighbours 2 Comedy sequel starring Seth Rogen and Zac Efron. A couple seek the aid of a former rival in fighting back against the raucous college sorority that moves in next door. (2016, 15, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Kick-Ass 2** Comic-book thriller sequel starring Aaron Johnson. (2013, 15, 99min) ★★★
1.00 AM **The Flash** Comic-book adventure starring Ezra Miller. (2023, 12, 144min) ★★★
3.25 **Hulk** Sci-fi fantasy with Eric Bana. (2003, 12, 138min) ★★★
5.45 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.00 AM **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
8.00 **Dallas Buyers Club** As 6pm.
10.05 **8 Mile** As shown at 8pm.
12.05 PM **Ghost** Fantasy thriller. (1990, 12, 127min) ★★★★
2.20 **Chicago** Oscar-winning screen version of the hit musical. (2002, 12, 112min) ★★★★
4.15 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
6.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★
8.00 **8 Mile** Urban drama starring Eminem and Kim Basinger. (2002, 15, 112min) ★★★
9.55 **Straight Outta Compton** Biopic of hip-hop group NWA, telling the story of how they redefined the genre with hard-hitting songs about urban life. Stars O'Shea Jackson Jr. (2015, 15, 147min) ★★★
12.30 AM **Steve Jobs** Biographical drama with Michael Fassbender. (2015, 15, 119min) ★★★★
2.35 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
4.25 **to 6.05** AM **You Can Live Forever** Romantic drama. (2022, 15, 96min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.55 AM **Something in the Dirt**
9.00 **Mr. Vampire** As 12.00m't.
10.50 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
12.30 PM **Five Nights at Freddy's** Horror. (2023, 15, 109min) ★★
2.25 **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★
4.15 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
6.05 **Men in Black 3** Sci-fi comedy sequel with Will Smith, Tommy Lee Jones and Josh Brolin. (2012, PG, 105min) ★★★★
8.00 **The Purge: Election Year** Action horror sequel starring Frank Grillo. The US economy is boosted by tourists arriving to take part in the annual night of murder and mayhem. (2016, 15, 108min) ★★★
9.50 **Godzilla** Thriller remake starring Aaron Taylor-Johnson. (2014, 12, 118min) ★★★
12.00 M'T **Mr Vampire** Horror comedy. (1985, 15, 96min) ★★★
1.55 AM **Something in the Dirt** Sci-fi comedy drama. (2022, 15, 116min) ★★★★
4.05 **to 6.15** AM **Paycheck** Sci-fi thriller starring Ben Affleck. (2003, 12, 119min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

6.00 AM **The Canterville Ghost**
7.35 **The Adventures of Sharkboy and Lavagirl in 3-D** (2005)
9.15 **Small Soldiers** As 7.20pm.
11.20 **The Flintstones** As 9.20pm.
12.55 PM **The Flintstones in Viva...**
2.35 **The Little Rascals** Family comedy. (1994, U, 83min) ★★
4.00 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
5.40 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★

5.40 Scooby-Doo 2

7.20 **Small Soldiers** Fantasy starring Kirsten Dunst. A toy company launch a new range of action dolls with a life of their own. (1998, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **The Flintstones** Family comedy based on the classic cartoon series set in the Stone Age town of Bedrock, starring John Goodman, Rick Moranis, Elizabeth Perkins and Rosie O'Donnell. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Flintstones in Viva Rock Vegas** Comedy prequel. (2000, PG, 91min) ★★
12.50 AM **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
2.30 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2005, U, 98min) ★★
4.15 **The Little Rascals** (1994)
5.50 **to 7.35** AM **Robo-Dog** Family sci-fi adventure. (2015, PG, 87min) ★★★

Sky Cinema Stunts
307 407 507 521

7.20 AM **Once Upon a Time in China** As shown at 3.50am.
9.40 **2 Fast 2 Furious** Thriller sequel. (2003, 12) ★★★
11.35 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
1.25 PM **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
3.50 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
6.00 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★

10.00 Oldboy

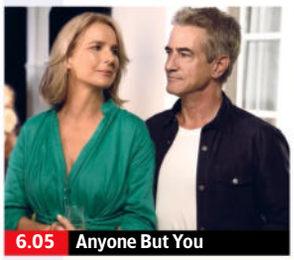
8.00 **Fast & Furious** Action thriller sequel, starring Vin Diesel and Paul Walker. A wanted man reunites with an old FBI agent pal to seek revenge on a drugs baron. With Michelle Rodriguez and Jordana Brewster. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Oldboy** South Korean thriller with Choi Min-sik. A man is released after being held captive in a prison for 15 years and must solve the mystery of his incarceration. Subtitled. (2003, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **John Wick: Chapter 2** Action thriller sequel. (2017, 15, 122min) ★★★★
2.05 AM **Jackie Chan's Police Story** Action comedy thriller. (1985, 15, 98min) ★★★★
3.50 **to 6.05** AM **Once Upon a Time in China** Adventure. (1991, 15, 120min) ★★★★★

Sky Cinema Comedy
308 408 508 522

6.00 AM **Sky Cinema Preview**
7.00 **Fords on Water** As 12.15am.
8.40 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
10.40 **You, Me and Dupree** (2006)
12.45 PM **Happy Gilmore** Comedy. (1996, 12, 92min) ★★★
2.25 **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★★
4.10 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
6.05 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★


6.05 Anyone But You

8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **You, Me and Dupree** Black comedy starring Owen Wilson, Kate Hudson and Matt Dillon. (2006, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Fords on Water** Comedy with Mark Wingett and Elvis Payne. (1983, 15, 83min) ★★★
1.40 **We're No Angels** Comedy starring Humphrey Bogart. (1954, U, 106min) ★★★★
3.30 **Snow Day** Family comedy. (2000, PG, 89min) ★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Thriller
309 409 509 523

6.00 AM **The Cinema List: Thrillers**
6.20 **Jericho Ridge** As 4.20am.
8.05 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
10.00 **Eileen** As 2.30am.
11.55 **The Independent** Drama. (2022, 12, 108min) ★★★
1.45 PM **Missing** Thriller with Storm Reid. (2023, 15, 111min) ★★★
3.40 **Inferno** Thriller starring Tom Hanks. (2016, 12, 121min) ★★★
5.45 **Marnie** Hitchcock thriller. (1964, 15, 130min) ★★★★

10.15 The Saint

8.00 **In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a killer assassinating the US President. With John Malkovich, Rene Russo and Dylan McDermott. (1993, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Saint** Big-screen version of the cult TV series, starring Val Kilmer. Gentleman thief Simon Templar tangles with a megalomaniac Russian billionaire and a beautiful American scientist. (1997, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **American Gigolo** Thriller. (1980, 18, 117min) ★★★
2.30 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
4.20 **to 6.00** AM **Jericho Ridge** Thriller with Nikki Amuka-Bird. (2023, 15, 87min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
1.10 PM **It Came from Beneath the Sea** Sci-fi thriller. (1954, b/w, U, 80min) ★★
2.50 **Decision at Sundown** Western. (1957, PG, 77min) ★★
4.25 **Picnic** Drama starring William Holden. (1955, U, 113min) ★★★
6.40 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★

9.00 M:I - Ghost Protocol

Flight of the Phoenix (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Mission: Impossible – Ghost Protocol** Action spy thriller starring Tom Cruise and Simon Pegg. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **'71** Thriller starring Jack O'Connell and Richard Dormer. A British soldier sent to Belfast in 1971 finds himself lost and alone in a hostile area in the aftermath of a riot. (2014, 15, 97min) ★★★★
1.45 **to 3.35** AM **Snatched** Comedy with Amy Schumer, Goldie Hawn and Joan Cusack. (2017, 15, 90min) ★★

11 PM

+1hour 314 430 47 301

Sky Cinema Icons
302 402 502 516

7.20 AM **Ben-Hur** As 4.40am.
11.05 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
12.50 PM **Patch Adams** Comedy drama. (1998, 12, 115min) ★★
2.50 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
4.25 **Lost in Translation** As 10.25pm.
6.10 **One Life** Historical drama starring Anthony Hopkins. (2023, 12, 105min) ★★★★

8.00 **Catch Me If You Can** Steven Spielberg's fact-based adventure starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree, passing himself off as a pilot, a doctor and a lawyer, and cashing millions of dollars in false cheques. (2002, 12, 141min) ★★★★★
10.25 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★

12.10 AM **Philadelphia** Melodrama. (1993, 12, 122min) ★★★★
2.20 **Nineteen Nineteen** Period drama. (1984, 15, 99min) ★★★
4.05 **Sky Cinema Preview**
4.40 **to 8.25** AM **Ben-Hur** Multi-Oscar-winning epic. (1959, PG, 212min) ★★★★★

Sky Cinema Greats
304 404 504 518

6.30 AM **The Mask of Zorro** (1998)
8.50 **The Legend of Zorro** (2005)
11.00 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
1.05 PM **Spider-Man 2** Fantasy sequel starring Tobey Maguire. (2004, PG, 127min) ★★★★
3.15 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
5.35 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★

8.00 **Superman II** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★
10.10 **Superman III** Fantasy sequel starring Christopher Reeve. Clark Kent alias Superman battles against a megalomaniac tycoon who is using a bumbling computer genius to plan the crime of the century. (1983, PG, 123min) ★★★

12.25 AM **The Mask of Zorro** Epic adventure. (1998, PG) ★★★★
2.55 **The Legend of Zorro** Adventure sequel. (2005, PG) ★★★
5.10 **Cinema List: Spectacular Sci-Fi**
5.35 **to 7.20** AM **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 101min) ★★

Sky Cinema Animation
305 412 500 514

6.25 AM **Pil's Adventures** As 1.55am.
8.05 **Rugrats in Paris** As 9.05pm.
9.35 **Captain Underpants** Animation. (2017, U, 89min) ★★★★
11.10 **Wallace & Gromit: The Curse of the Were-Rabbit** (2005)
12.45 PM **Dr Seuss' The Lorax** Animated comedy adventure. (2012, U, 86min) ★★★
2.20 **Home** Animated adventure. (2014, U, 94min) ★★★

4.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
6.05 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.35 **The Rugrats Movie** Animation. (1998, U, 80min) ★★★
9.05 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
10.25 **Spider-Man: Into the Spider-Verse** As 4pm.
12.25 AM **Riverdance: The Animated Adventure**

1.55 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
3.25 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
5.00 **to 6.25** AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★★

Movies 24
312 419

7.00 AM **Groundswell** Romantic comedy. (2022, PG, 84min) ★★
9.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
11.00 **Rip in Time** Romantic fantasy. (2022, PG, 84min) ★★
1.00 PM **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
3.00 **Love, Classified** Romantic drama starring Melora Hardin. (2022, PG, 90min) ★★

5.00 **Been There All Along** Romantic drama starring Marlie Collins. (2023, PG, 89min) ★★
7.00 **A Honeymoon to Remember** Romantic drama starring Rebecca Dalton and Edward Ruttle. (2021, PG, 85min) ★★
9.00 **Planning for Joy** Comedy starring Chelsey Reist and Marc Trottier. A woman promoting her company's new product turns to a TV presenter for help in mastering public appearances. (2022, PG, 86min) ★★

11.00 **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
1.00 AM **When Love Springs** Comedy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Glimpses**
6.25 **The Adventures of Sadie** Comedy. (1953, U, 87min) ★★
7.55 **Pit of Darkness** Mystery thriller. (1961, U, 76min) ★★
9.30 **Danger by My Side** Thriller. (1962, PG, 63min) ★★
10.45 **What's On TPTV with Noel**
10.55 **The Leather Boys** Drama. (1963, b/w, PG, 107min) ★★
1.05 PM **Back to The Ace**

1.45 **The Professionals** Crime drama. (1960, b/w, 61min) ★★★
3.00 **The Saint** 7/9. (S4)
4.05 **The Adventures of PC 49: Investigating the Case of the Guardian Angel** Crime drama. (1949, b/w, PG, 67min) ★★★
5.20 **Look at Life**
5.30 **Dixon of Dock Green** (S14)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 2/13. (S5)
9.05 **Arizona Dream** Offbeat comedy. (1993, 15, 136min) ★★

11.55 **10 Little Indians** Mystery. (1965, b/w, 12, 95min) ★★
1.45 AM **McLintock!** Comedy Western. (1963, U, 127min) ★★★
4.20 **London Entertains**
5.20 **Look at Life**
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 LIVE **Test Cricket South Africa v Pakistan.** Coverage of day four of the second Test in the two-match series at Newlands Cricket Ground in Cape Town. The sides last met here in this format in 2019, when South Africa prevailed by nine wickets, but the hosts have lost two of the three Tests to be played here since then.
4.30 PM **Transfer Centre**
5.00 **The Transfer Show**
5.30 **Sports Centre**
6.30 LIVE **MNF Wolverhampton Wanderers v Nottingham Forest.** Coverage of the Premier League match staged at Molineux. The last five meetings between these teams in all competitions have ended level, including a 1-1 draw at the City Ground back in August of last year, when Chris Wood gave Forest a 10th-minute lead, but Jean-Ricner Bellegarde scored the equaliser just two minutes later. Kick-off **8.00pm**.
11.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Highlights** Aston Villa v Leicester City. **1.30** Bournemouth v Everton. **2.00** Manchester City v West Ham United at Etihad Stadium. **2.30** Brighton v Arsenal. **3.00** Crystal Palace v Chelsea. **3.30** Southampton v Brentford. **4.00** Fulham v Ipswich Town. **4.30** Action from Liverpool v Manchester United at Anfield.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **PL 100: David Seaman**
6.30 LIVE **MNF Wolverhampton Wanderers v Nottingham Forest.** Coverage of the Premier League match staged at Molineux. Kick-off is at **8.00pm**.
11.00 **Premier League Icons**
12.00 M'T **MNF Hits** Recent action.
12.30 AM **Gary Neville's Soccerbox**
1.00 **PL Retro** An archive match .
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Highlights**
9.15 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.15 PM **SPFL Highlights**
12.30 **EFL Highlights** Championship.
3.15 **SPFL Highlights**
3.30 **EFL Highlights**
5.45 **SPFL Highlights**
6.00 **EFL Highlights**
7.00 **SPFL Highlights** Hibernian v Rangers staged at Easter Road.
7.15 **Scottish Premiership Round-Up**
7.30 LIVE **EFL Queens Park Rangers v Luton Town.** The Championship match staged at Loftus Road. QPR won August's reverse fixture at Kenilworth Road 2-1. Kick-off is at **8.00pm**.
10.30 **EFL Highlights** League Two.
11.30 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.00 AM **EFL Cup Highlights**
2.30 **EFL Trophy Football**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Test Cricket** South Africa v Pakistan on day two of the second Test at Newlands Cricket Ground. **7.00** South Africa v Pakistan on day three of the second Test.
8.00 LIVE **Test Cricket South Africa v Pakistan.** Day four of the second Test from Newlands Cricket Ground in Cape Town.
4.30 PM **Big Bash League** Action from recent tournament matches.
6.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
6.45 **Blue for Bob** Memories of former cricket player Bob Willis.
7.00 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
8.00 **Big Bash League** Action from Brisbane Heat v Sydney Thunder.
9.00 **Test Cricket** Highlights from South Africa v Pakistan.
10.00 **Big Bash League** Action from Brisbane Heat v Sydney Thunder.
11.00 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
12.00 M'T **Big Bash League**
3.05 AM **Test Cricket** Highlights.
4.00 **Jimmy Anderson's Greatest Spells** Archive action.
4.45 **Blue for Bob** A Bob Willis tribute.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **Secrets of Success**
8.00 **PGA Tour Golf** Day four of the Sentry Tournament of Champions.
12.00 NOON **My Ryder Cup**
12.45 PM **Celebrity Kop Club**
1.00 **PGA Tour Golf** Day four of the Sentry Tournament of Champions.
5.00 **Ryder Cup Memories**
6.00 **Secrets of Success**
7.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
8.00 **Junior Golf** The Justin Rose Telegraph Junior Championship.
8.30 **Ryder Cup Memories**
9.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
10.00 **My Ryder Cup**
10.45 **Celebrity Kop Club**
11.00 **PGA Tour Golf** Recent action.
12.00 M'T **Secrets of Success**
1.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA & ATP Tennis** Coverage of tournaments played on the WTA and/or ATP Tours.
12.00 NOON **Bitesize Tennis**
12.15 PM **US Open Classic Matches**
12.30 **WTA Tennis** The Auckland Open. **1.30** The Brisbane International.
2.30 **ATP Tennis** Brisbane International.
3.30 **Tennis** The United Cup final.
5.30 **WTA & ATP Tennis** Highlights from the WTA and ATP Tours.
9.30 **Bitesize Tennis** The 2024 WTA Mutua Madrid Open final.
9.45 **US Open Classic Matches**
10.00 **Bitesize Tennis** The 2024 WTA Cymbiotika San Diego Open final.
10.15 **Billie Jean King: My Story**
10.30 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Test Cricket Australia v India.** Coverage of the fourth day of the fifth and final Test from Sydney Cricket Ground.
7.30 **TNT Sports Cricket Reload**
8.00 LIVE **A-League Macarthur FC v Adelaide United.** Coverage of the Australian top-flight match at Campbelltown Sports Stadium in Leumeah. Kick-off is at **8.00am**.
10.00 **Premier League** Tottenham Hotspur v Newcastle United.
11.30 **Premier League: Big Interview**
12.00 NOON **Test Cricket Highlights**
1.00 PM **Classic Premier League**
1.30 **What I Wore** Glenn Hoddle.
2.00 **Premier League Stories**
2.30 **Vendee Globe Highlights**
3.00 **Test Cricket Highlights**
4.00 **A-League** Action from Australia.
5.00 **Serie A** AS Roma v Lazio.
6.00 LIVE **Ultimate Pool** Coverage of the latest round of the season.
9.30 **Autumn Nations Series**
10.00 **TNT Sports Cricket Reload**
10.30 **Test Cricket Highlights**
11.30 PM **to 6.00** AM LIVE **Test Cricket Australia v India.** Coverage of the fifth and final day of the fifth and final Test in the series at Sydney Cricket Ground.

TNT Sports 2

411 871 528 409 431

6.45 AM **O Arise, All You Sons**
7.45 **What I Wore** Joe Cole.
8.00 **Serie A** Action from Italy.
10.00 **Ultimate Pool** A season review.
1.00 PM **TNT Sports Cricket Reload**
1.15 **Autumn Nations Series**
2.00 **Premiership Rugby Union** Newcastle Falcons v Harlequins. **3.00** Gloucester v Sale Sharks. **4.00** Action from Leicester Tigers v Exeter Chiefs at Welford Road. **5.00** Saracens v Bristol Bears. **6.00** Northampton Saints v Bath.
7.00 **Test Cricket Highlights** Action from Australia v India.
8.00 **The Rugby Review**
8.45 **Sport in Focus** Sam Warburton.
9.00 **Fishing: On the Bank**
10.00 **A-League** Highlights from Macarthur FC v Adelaide United.
11.00 **Premier League World Beaters**
11.30 **What I Wore** Patrick Vieira.
12.00 M'T **UFC Fight Flashback**
1.00 AM LIVE **T20 Super Smash Canterbury Kings v Otago Volts.** From Hagley Oval.
4.30 **TNT Sports Cricket Reload**
5.15 **to 6.00** AM LIVE **Women's T20 Super Smash Canterbury Magicians v Otago Sparks.** From Hagley Oval in Christchurch.

TNT Sports 3

417 874 529 410 432

6.00 AM **Premiership Rugby Union** Newcastle Falcons v Harlequins. **7.00** Gloucester v Sale Sharks. **8.00** Action from Leicester Tigers v Exeter Chiefs at Welford Road. **9.00** Saracens v Bristol Bears. **10.00** Northampton Saints v Bath.
11.00 **Premiership Women's Rugby** Highlights from Bristol Bears v Gloucester-Hartpury RFC.
12.00 NOON **UEFA Champions League – Classics** Archive highlights of tournament finals.
7.30 PM **For the Love of the Game with Laura & Ally**
8.30 **Serie A** Fiorentina v Napoli. **9.30** AS Roma v Lazio.
10.30 **1967: When LA Wolves Conquered the USA** A look into the story of how Wolverhampton Wanderers helped introduce football to the United States.
11.00 **NBA on Fire** The latest news from the world of the NBA.
11.30 **NBA Action** Highlights.
12.00 M'T LIVE **NBA Philadelphia 76ers v Phoenix Suns.** The inter-conference match at Wells Fargo Centre. Tip-off **12.00m't**.
2.30 AM **NBA on Fire**
3.00 **to 6.00** AM **MLB Classic**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 **NFL Bitesize Highlights** Action from five recent matches.
4.15 **One Jets Drive** A behind-the-scenes look at the New York Jets.
5.00 **NFL Bitesize Highlights** Action from matches played this season.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms discuss and debate the biggest stories from around the NFL.
8.00 **NFL Bitesize Highlights** A game from week 18 of the season. **8.15** A week 18 fixture. **8.30** A game from week 18. **8.45** San Francisco 49ers v Detroit Lions at Levi's Stadium.
9.00 **NFL Weekly Review** Action from week 18 of the season.
10.00 **NFL Highlights** Action from a game in week 18 of the season. **11.00** A week 18 match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Big Bash League**
6.10 **Test Cricket**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League Brisbane Heat v Sydney Thunder.** Coverage of the T20 match at Brisbane Cricket Ground.
11.30 **Big Bash League** Highlights.
12.30 PM **NFL Bitesize Highlights**
1.00 **NFL Highlights** Recent action.
3.00 **Fight Night International**
5.00 **Ryder Cup Memories**
6.00 **Secrets of Success**
7.00 **Tennis** Highlights from the Brisbane International finals.
9.00 **Test Cricket** Action from South Africa v Pakistan in Cape Town.
10.00 **Big Bash League** Highlights of Brisbane Heat v Sydney Thunder.
11.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
12.00 M'T LIVE **NCAA Basketball Wichita State Shockers v South Florida Bulls.** From Charles Koch Arena in Wichita, Kansas. Tip-off is at **12.00m't**.
2.00 AM **NFL Highlights**
4.00 **to 6.00** AM **Tennis**

TNT Sports 4

421 876 530 411 434

6.00 AM **Cricket Classics** Highlights of West Indies v England in the second Test of the 1998 series.
8.30 **Cricket Classics** Highlights from West Indies v England in the third Test of the 1998 Test series.
11.00 **One Day International Cricket**
12.00 NOON **NBA on Fire**
12.30 PM **NBA Action** Highlights.
1.00 **NBA** Thunder v Celtics.
2.30 **NBA Originals** Karl Malone.
3.30 **NBA** Thunder v Celtics.
5.00 **NBA Originals** Bill Russell.
6.00 **NBA on Fire** The latest news.
6.30 **NBA Action** Highlights.
7.00 **NBA** A chance to see Oklahoma City Thunder v Boston Celtics.
8.30 **NBA Originals** A conversation between former players Charles Barkley and Julius 'Dr. J' Erving.
9.30 **NBA** A chance to see Oklahoma City Thunder v Boston Celtics.
11.00 **One Day International Cricket**
12.00 M'T **Classic Premier League**
1.00 **to 6.00** AM **A-League**

Eurosport 1

413 870 521 412 435

6.00 AM **Alpine Skiing**
7.00 **Ski Jumping** From Austria.
8.00 **Snooker: Masters Final 2019**
10.00 **Dakar Rally** From Saudi Arabia.
11.00 **Charlotte Bankes Sierra Nevada 2024**
11.10 **Alpine Skiing** From Slovenia.
12.10 PM **Ski Jumping** From Austria.
1.10 LIVE **Ski Jumping** Coverage of the World Cup meeting from Villach in Austria, featuring day two of the women's HS98 event.
3.00 LIVE **Ski Jumping** The men's HS142 event in the concluding World Cup Four Hills meeting, staged in Bischofshofen, Austria.
6.00 **Show Jumping** From Belgium.
7.00 **UCI Track Champions League**
8.00 **Dakar Rally** From Saudi Arabia.
9.00 **Australian Open Tennis 2019** Action from the men's singles final. **10.30** The women's singles final.
12.00 M'T **Ski Jumping** Highlights.
2.00 AM **Australian Open Tennis**
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Snooker: Masters 2018**
8.00 **Dakar Rally** Stage two in Bisha.
9.00 **Snowboarding** From Klagenfurt.
10.00 **Freestyle Skiing**
11.00 **Snooker: Masters Final 2010**
1.00 PM **Dakar Rally** Part one of stage two in Bisha, Saudi Arabia.
2.00 **Cyclo-Cross** Highlights of races from Dendermonde, Belgium.
3.00 **Australian Open Tennis 2019** Action from the men's singles final. **4.30** The women's singles final.
6.00 **Olympics: Hall of Fame**
7.00 **Ski Jumping** The women's HS98 event from Villach in Austria. **8.00** From Bischofshofen, Austria.
9.00 **Freestyle Skiing** From Austria.
10.00 **Snowboarding** From Klagenfurt.
11.00 **Dakar Rally** From Saudi Arabia.
12.00 M'T **Cyclo-Cross** In Belgium.
1.00 AM **Olympic Games Paris 2024: Best of Team GB**
2.00 **Dakar Rally** Stage two in Bisha.
3.00 **Ski Jumping** From Austria.
5.00 **to 6.00** AM **Cyclo-Cross**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM LIVE **WTA & ATP Tennis** Coverage of tournaments played on the WTA and/or ATP Tours.
11.30 **Ref Watch** The team analyse some of the big refereeing decisions from the weekend.
12.00 NOON **The Football Show** The day's main news so far.
1.00 PM **Transfer Centre** The latest football transfer developments.
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.
10.30 **Back Pages Tonight** A look at the sports headlines in the back pages of tomorrow's newspapers.
11.00 **Sky Sports News**
12.00 M'T **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **F1 Features**
12.30 PM **Formula 1** The 2024 Bahrain Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** Another chance to see the 2024 Bahrain Grand Prix.
7.35 **Ted's Notebook**
8.05 **F1 Features**
8.30 **Formula 1** Bahrain Grand Prix.
10.45 **Why Newey Chose Aston Martin**
10.55 **F1 Explained: Weather Radar**
11.00 **Formula 1** Bahrain Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Tuesday

7 January

Evening Planner

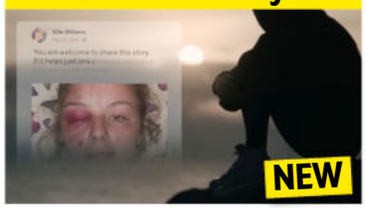
Factual

Eat Smart: Secrets of the Glucose Goddess
C4, 8pm
Biochemist Jessie Inchauspé shares tips on how to control our blood sugar levels.

Documentary

Pete Wicks: For Dogs' Sake
U&W, 8pm (box set, U)
The *TOWIE* star spends time at Basildon's Dogs' Trust centre, where he learns about the emotional world of dog care.

Documentary



Accused: The Fake Grooming Scandal
C4, 9pm & 10pm (box set, Channel 4)
The case of a young woman who claimed she had been groomed by an Asian gang.

OnDemand

NETFLIX

Jerry Springer: Fights, Camera, Action
Available today
Behind the scenes of the talk show.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Silent Witness		10.00 News; Local News	10.40 Sir Alex
	102 BBC2	7.00 Villages by the...	7.30 Nadiya's Fast...	8.00 Digging for Britain		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	7.00 Emmerdale	7.30 EFL Cup – Live: Coverage of the opening semi-final first-leg tie					10.20 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Eat Smart: Secrets of the Glucose...		9.00 Accused: The Fake Grooming Scandal			
	105 CHANNEL 5	7.00 Lost Dog, Found Dog with Clare Balding		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 The Bay: The Murder of Lynette White	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Dragons and...		9.00 Super/Man: The Christopher Reeve Story			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Simple Life		9.05 The Traitors		10.05 The Traitors...	10.35 High...
	116 BBC4	7.00 Indian Hill Railways – Nilgiri		8.00 Porridge	8.30 As Time Goes...	9.00 Peter Cook...	9.30 Peter Cook...	9.55 Parkinson: The Peter...	10.35 Pete &...
	118 ITV2	◂ 5.50 Film: Harry Potter and the Chamber of Secrets				9.00 Social Media Murders		10.00 Olivia Attwood: The Price of Perfection	
	136 MORE4	◂ 6.55 Car S.O.S.		8.00 Celebrity Popmaster TV		9.00 Yorkshire by the Sea		10.00 Emergency	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Matlock		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Billions	7.55 Game of Thrones			9.00 Lockerbie: A Search for Truth			10.15 The Wire
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 The Bay	
	120 ITV4	7.00 The Motorbike Show		8.00 The Grand Fishing Adventure		9.00 Giant Lobster Hunters		10.00 Film: Jaws	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Austin Powers: International Man of Mystery			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Flintoff: Lord of the Fries		9.00 Film: Fist of Fury			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Stories from the National Gallery		9.00 Fanny: The Other Mendelssohn			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 Katherine Ryan: Parental Guidance		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 The Aquarium				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 WW2: Hell Under the Sea		9.00 Hitler's Last Stand		10.00 Nazi Megastructures	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 The Egyptian Book of the Dead			
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Speed with Guy Martin		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Urban Secrets		8.00 Dart Kings		9.00 Super/Man: The Christopher Reeve Story			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 The 4:30 Movie		8.00 The Fall Guy				10.10 The Convert	
	302 ICONS	◂ 5.50 The Theory of Everything		8.00 Forrest Gump					10.25 Philadelphia
	303 HITS	◂ 5.55 The Meg		8.00 Meg 2: The Trench				10.00 Transformers: Rise of the Beasts	
	304 GREATS	◂ 6.15 Superman IV – The Quest for Peace		8.00 Superman Returns					10.40 Man...
	305 ANIMATION	7.00 Two by Two			8.30 The Emoji Movie			10.00 The Rugrats Movie	
	306 FAMILY	◂ 5.45 Journey...	7.25 Journey 2: The Mysterious Island			9.10 Muppets from Space			
	307 STUNTS	◂ 6.10 Fast & Furious		8.00 John Wick			9.45 John Wick: Chapter 2		
	308 COMEDY	◂ 6.05 Friends with Benefits		8.00 Bad Neighbours			9.40 Hope Springs		
	309 THRILLER	◂ 6.05 Absolution		8.00 10 Cloverfield Lane				9.55 American Gigolo	
	310 DRAMA	◂ 5.55 Steve Jobs		8.00 Charlie Wilson's War				9.55 Big George Foreman	
	311 SCI-FI	◂ 6.00 Men in Black: International		8.00 Ready Player One					10.25 After Earth
	313 FILM4	◂ 6.40 Deep Impact				9.00 The G			
SPORT	401 MAIN EVENT	7.00 EFL Cup – Live: Coverage of a semi-final first-leg match							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Netbusters	8.30 Gary Neville's...	9.00 PL Review		10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Cup – Live: Coverage of a semi-final first-leg match							10.30 Scottish...
	404 CRICKET	7.00 Test Cricket		8.00 Big Bash League		9.00 Test Cricket		10.00 Big Bash League	
	410 TNT SPORTS 1	7.00 Premier League			8.30 PL Reload	9.00 Sign Up – Into Football	9.45 The Rugby Review		10.30 Vendee Globe...
	411 TNT SPORTS 2	7.00 Test Cricket Highlights		8.00 A-League...	8.30 One Day International Cricket		9.30 One Day International Cricket – Live: New Zealand v Sri Lanka		

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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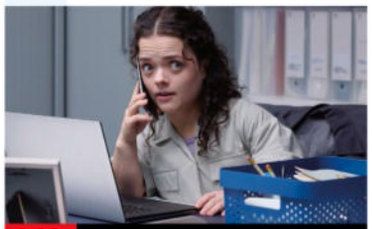
*Terms & conditions: magazinesdirect.com/terms.

Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition Lost treasures are reunited with their owners. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** New edition Catch-up show. (S)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition A woman sells her late mother's antiques. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 Silent Witness

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Jean shares some pearls of wisdom, while Kim's suspicions are raised. (S)(AD)

8 PM

8.00 **Inside the Factory** New edition 2/6. Paddy McGuinness goes inside the Warburtons bread factory in his hometown of Bolton, where he had a Saturday job more than 30 years ago. (S)(AD)

9 PM

9.00 **Silent Witness** New episode *Exodus 20:17 – Part Two:* 2/10. As Benjamin continues his search for Gloria, Nikki makes a disturbing discovery that brings them closer to the truth. Plus, a new team member joins the Lyell. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Sir Alex** Series finale 2/2. Concluding the look at the career of former Manchester United boss Alex Ferguson, the most decorated manager in British football history. Featuring first-hand accounts from former players and adversaries, including Wayne Rooney, Rio Ferdinand, Gordon Strachan and Kenny Dalglish. (S)(AD)
11.40 **The Weakest Link: Gladiators Special** 6/14. Host Romesh Ranganathan poses questions to the cast of *Gladiators*. (S)(R)
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** Les Dennis and Nitin Ganatra search for items. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **The Great British Year** (S)(R)(AD)
4.15 **Who Do You Think You Are?** With Shirley Ballas. (S)(R)(AD)
5.15 **Flog It!** From Aberystwyth. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton. (S)
6.30 **Joanna Page's Wild Life** New edition 2/15. A fox cub gets its head stuck in some netting. (S)

9.45 Live at the Apollo

7.00 **Villages by the Sea** Ben Robinson visits the village of Culross in Fife on the east coast of Scotland. (S)(R)
7.30 **Nadiya's Fast Flavours** 1/6. Nadiya Hussain rustles up assorted recipes, beginning with comfort foods. (S)(R)(AD)
8.00 NEW SERIES **Digging for Britain** 1/6. Alice Roberts joins a group of archaeologists digging an Anglo-Saxon cemetery in rural Kent, where every grave is filled with well-preserved objects. (S)
■ Continues tomorrow
9.00 **QI XL** New edition 11/16. Host Sandi Toksvig is joined by panellists Alan Davies, Rosie Jones, Josh Widdicombe and Susan Calman for the comedy quiz show. (S)
9.45 **Live at the Apollo** New edition 3/7. Paul Chowdhry introduces stand-up routines by Ania Magliano and Ian Smith at London's Hammersmith Apollo. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **7/7: The London Bombings** 1/4. Documentary looking back at the 2005 attack on London's transport system and the ensuing police investigation. (S)(R)(AD)
12.05 AM **Sign Zone: The Traitors** 2/12. The first banishment. (S)(R)(AD)
1.10 **Sign Zone: SAS Rogue Heroes** 1/6. War drama. (S2) (S)(R)(AD)
2.10 **Sign Zone: Antiques Roadshow** Exploring the history of food. (S)(R)
3.10 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Game show with Mel Giedroyc. (S)(AD)
3.00 **Lingo** New edition Adil Ray hosts as two married couples take on the word-based quiz. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Daniel takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 Emmerdale

7.00 **Emmerdale** Dawn is raging, Jacob is aware his stress is out of control, and Marlon is convinced that he must take action. (S)(AD)
7.30 LIVE **Football: EFL Cup** Mark Pougatch presents coverage of the opening semi-final first-leg tie, as the teams continue their bid to reach the final. Championship side Middlesbrough claimed a shock 1-0 win at home to Chelsea in the corresponding match of last season's contest. However, it was the Blues who went on to reach the showpiece match, where they were beaten by Liverpool after extra time. (S)
10.20 **ITV News** (S)
10.50 **Local News** (S)
11.05 FILM **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg and Tony Goldwyn. (S)(AD) (1990, 12, 130min) ★★★★
1.15 AM **Teleshopping**
3.00 **Lingo** Game show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 12-14/26. (S8) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 21-24/24. (S9) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** Transforming a six-month-old gastropub in New Jersey. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A couple of retirees hope to find their perfect holiday home in Torrevieja. (S)(R)
4.00 **A New Life in the Sun** New edition David and Lane hope to bring more customers in to their antiques shop in France. (S)
5.00 **Junior Bake Off** New edition The young bakers take on the challenges of Biscuit Day. (S)(AD)
6.00 **A Place in the Sun** New edition A holiday home in Cyprus. (S)

8.00 Eat Smart: Secrets of the...

7.00 **News** (S)
8.00 NEW SERIES **Eat Smart: Secrets of the Glucose Goddess** 1/2. Biochemist and author Jessie Inchauspe helps people improve their physical and mental health by controlling their blood sugar levels. (S)(AD)
9.00 NEW SERIES **Accused: The Fake Grooming Scandal** 1/3. Investigating the false accusations made by a woman against a supposed Asian grooming gang operating in Barrow-in-Furness. (S)(AD)
■ Entire series on C4 streaming
10.00 **Accused: The Fake Grooming Scandal** New edition 2/3. The police investigation casts serious doubts on the claims, leaving everyone questioning what they thought they knew. (S)(AD)
■ Concludes tomorrow
11.05 **Gogglebox Festive Special** The critics review the best Christmas programming of 2024. (S)(SL)(R)
12.35 AM **Outrageous Homes** (S)(SL)(R)
1.30 **The Great Pottery Throw Down** 1/10. Twelve more potters take up the challenge. (S)(SL)(R)(AD)
2.35 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
3.25 **Sunday Brunch Best Bits** (S)(R)
3.40 **Frasier** 15-19/24. (S7) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S7) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **An Aurora Teagarden Mystery: Reap What You Sew** Crime drama starring Candace Cameron Bure. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition In Torrevieja, supermarket owners Andy and wife Rita look for ways to attract new customers. (S)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill following snowplough teams and RAC patrols in Scotland and the north of England. (S)(R)
6.55 **News** (S)

7.00 Lost Dog, Found Dog

7.00 NEW SERIES **Lost Dog, Found Dog with Clare Balding** 1/4. Clare celebrates the unbreakable bond between people and their dogs. (S)
7.55 **News** (S)
8.00 NEW SERIES **Dogs Behaving (Very) Badly** Graeme Hall meets a deaf dalmatian that is ruining his owner's love life, and *Married at First Sight* star Paul, who is having trouble with his bantam bulldog. (S)
9.00 NEW SERIES **Ben Fogle: New Lives in the Wild** Ben travels to Eastern Europe to meet Brits Jordan, Lewis and their two children, who are undertaking a renovation of a dilapidated farmhouse in Bulgaria. (S)
10.00 **The Bay: The Murder of Lynette White** The extraordinary story of Lynette White's murder in 1988 and the hunt for her killers, which began after the gruesome discovery of her body in a flat in Cardiff. (S)(R)
12.00 M'T **Police Interceptors** (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Cruising with Jane McDonald** The singer revisits Rome, Florence and Pisa. (S)(R)
3.50 **Britain's Greatest Bridges** Britannia Bridge. (S)(SL)(R)(AD)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S5) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 1/13. (S4) (S)(R)
5.00 **The Simpsons** *Homer's Adventure Through the Windshield Glass:* Homer's life flashes before his eyes. (S)(R) **5.30** *Carl Carlson Rides Again:* Carl discovers the origins of a mysterious rodeo buckle. (S)(R)
6.00 **The Office (US)** 23/28. Michael holds a pancake lunch to promote his company. (S)(R) **6.30** 24/28. Andy wants to be Jim's new confidant. (S5) (S)(R)

9.00 Super/Man

7.00 **The Simpsons** *Bartless:* Marge and Homer dream of a world in which Bart was not their son. (S)(R) **7.30** *My Mother the Carjacker:* Homer's mother asks for help. Featuring the voice of Glenn Close. (S)(R)
8.00 **David Attenborough's Dragons and Damsels** Examining the lives of dragonflies and damselflies, whose behaviours are as complex as mammals and who have existed since the dinosaurs. (S)(R)(AD)
9.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident. (R)
11.00 **Brassic** 1/6. First episode of the comedy drama. Vinnie and his crew become tangled up with a local crime boss. (S1) (S)(R)(AD)
12.00 M'T **The Force: Manchester** (R)
1.00 AM **Brit Cops: Frontline Crime UK** Documentary. (S)(R)(AD)
2.00 **Road Wars** (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm Legends of Welsh Sport: Mark Hughes New edition (S) **11.10** Sir Alex Series finale (S) **12.10am** The Weakest Link: Gladiators Special (S)(R) **12.55-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
1.45pm First Minister's Questions (S) **2.40** The Edge (S)(R) **3.25** The Great British Year (S)(R)(AD) **4.25** Who Do You Think You Are? (S)(R)(AD) **5.25** Nadiya's Fast Flavours (S)(R)(AD) **5.55-6.00** Planet Earth: A Tale of Three Bears (S)(R) **7.30-8.00pm** Chris Cooks Cymru (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Adre **1.30** Cefn Gwlad (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Rhondda **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Ty Ffit **10.00** Clwb Rygbi **10.30-11.35pm** Radio Fa'ma (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** James tests the LaFerrari hybrid hypercar.
7.55 **The Catch Up**
8.00 **The Simple Life** Paris and Nicole are invited to chair the Altus Springtime Gala. **8.25** Paris and Nicole annoy their new boss. **8.45** The women start working at a petrol station.
9.05 **The Traitors** 3/12. The new day brings new questions for the Players at breakfast.
10.05 **The Traitors: Uncloaked** 3/12. Discussion on the latest developments.
10.35 **High: Confessions of an Ibiza Drug Mule** 1/5. How a teenager from Northern Ireland became a drug mule. **11.10** 2/5. Michaella McCollum recounts her story of walking 12kg of cocaine into an airport in Peru.
11.45 **Kidnapped: The Chloe Ayling Story** Double bill.
12.45 AM **Brickies**
1.45 **Top Gear**
2.45 **to 4.00** AM **High: Confessions of an Ibiza Drug Mule**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Indian Hill Railways – Nilgiri** 2/3. The lives and loves of workers on the Nilgiri Mountain Railway.
8.00 **Porridge** Godber revises for an O-level exam.
8.30 **As Time Goes By** Lionel finishes his book.
9.00 **Peter Cook: Not Only – But Also** A compilation of the best bits from the classic comedy.
9.30 **Peter Cook: The Best of Not Only – But Also** A montage of sketches.
9.55 **Parkinson: The Peter Cook Interviews** Encounters with Peter Cook.
10.35 **Pete & Dud: Talking Comedy** Clips of Peter Cook and Dudley Moore.
11.05 **Peter Cook: The Best of Not Only – But Also**
11.35 **Bombay Railway** The Indian city's railway system.
12.35 AM **Indian Hill Railways – Nilgiri** As 7.00pm.
1.35 **D-Day: The Last Heroes**
2.35 **to 3.35** AM **Lost Home Movies of Nazi Germany**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five dinner parties from Sutton Coldfield, Birmingham.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Restoring a 1984 Opel Manta GTE owned by a former amateur rally driver. **6.55** Tim Shaw and Fuzz Townshend take on a 1980 Ford Escort RS2000.
8.00 NEW SERIES **Celebrity Popmaster TV** Ken Bruce returns with the music quiz, with guests Scarlett Moffatt, H, Hannah Cockroft, Eddie Kadi and Keith Brymer.
9.00 **Yorkshire by the Sea** 1/4. The lives of locals living along Yorkshire's coastline. The first edition features a family from Bridlington who have been fishing the North Sea for generations
10.00 **Emergency** A mother-of-three is rushed to St Mary's with a femur fracture and broken knee, and a teenage boy recovers from surgery to repair an artery in his leg.
11.05 **24 Hours in A&E**
12.10 AM **Celebrity Popmaster TV** As shown at 8.00pm.
1.15 **Emergency**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine** (S3)
9.00 **Young Sheldon** (S7)
10.00 **The Big Bang Theory**
11.00 **Modern Family** (S6)
12.00 NOON **The Big Bang Theory** 1-4/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family** (S6)
4.00 **Young Sheldon** (S7)
5.00 **The Big Bang Theory** 20-22/24. Triple bill. (S5)
6.30 **The Simpsons**
7.00 **Hollyoaks** There is nowhere for Dillon to hide, and at the hospital, Cleo's eyes open.
7.30 **Modern Family** 15/22. Jay hosts a Super Bowl party at his house. (S10)
8.00 **The Simpsons** *Replaceable You:* Homer gets a new assistant. With Jane Lynch. **8.30** *The Food Wife:* Marge, Bart and Lisa taste success in the world of food blogging.
9.00 **Celebrity Gogglebox** Famous faces appraise *American Pie* and *Killing Eve*.
10.05 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* comes under the critics' gaze.
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Celebrity Gogglebox**
2.20 **Gogglebox**
3.15 **First Dates**
4.10 **Teen First Dates**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Tuesday primetime

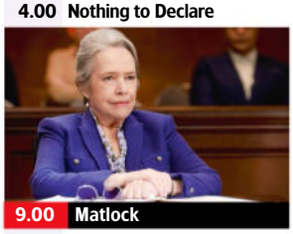
TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Rapid Response**
10.00 **Stop, Search, Seize**
11.00 **Bull** 1/22. (S6)
12.00 NOON **FBI** 1/22. (S5)
1.00 PM **FBI: International** 1/22. An American detective is murdered in Paris. (S2)
2.00 **FBI: Most Wanted** 1/22. The Task Force investigate the murder of a family of four. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**


9.00 Matlock

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Flopped Cop:* 4/22. The team are thrust into a high-stakes investigation when an accountant is gunned down. (S5)

9 PM
9.00 **Matlock** New episode *Belly of the Beast:* 7/10. Revival of the crime drama starring Kathy Bates and Leah Lewis.

10 PM
10.00 **FBI: Most Wanted** *Tough Love:* 3/22. A judge known for serving harsh sentences to juveniles is murdered. (S3)
11.00 **The Rookie** 10/20. Nolan and Grey's kids visit. (S1)
12.00 M'T **Chicago Fire** 2/13. (S12)
1.00 AM **Blue Bloods** 18/18. (S14)
2.00 **FBI** 3/22. (S5)
3.00 **Chicago Med** 1/13. (S9)
4.00 **Bull** 2/22. (S6)
5.00 to 6.00 AM **Highway Patrol**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** 8&9/13. (S3)
10.10 **Billions** 3&4/12. (S1)
12.15 PM **Game of Thrones** (S1)
1.20 **Boardwalk Empire** 1/12. Nucky makes a peace offering. **2.25** 2/12. Dr Valentin Narcisse arrives in Atlantic City. (S4)
3.30 **The Sopranos** 8/13. Tony's generosity finally pays off. **4.35** 9/13. Tony eyes up a new car and its saleswoman. (S3)
5.45 **Billions** 3/12. Wendy faces a moral dilemma. (S1)

10.15 The Wire

6.50 **Billions** *Short Squeeze:* 4/12. Chuck must assesses his own father's business dealings. (S1)
7.55 **Game of Thrones** *The Kingsroad:* 2/10. Bran clings to life as Ned prepares to head south with the king. (S1)

9.00 **Lockerbie: A Search for Truth** 1/5. Fact-based drama about Jim and Jane Swire's fight for justice for their daughter, who died in the Lockerbie bombing. (S1)
10.15 **The Wire** *Homecoming:* 6/12. Avon initiates a war with Marlo, while McNulty and Greggs go behind Daniels' back. (S3)
11.20 **Riviera** 5&6/10. (S2)
1.30 AM **Game of Thrones** (S1)
2.40 **Gomorrah** 6/12. (S2)
3.45 **Richard E Grant's Hotel Secrets** From Venice.
4.55 to 6.00 AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** (S3&4)
8.00 **Supergirl** 17/19. (S5)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 19/19. (S5)
1.00 PM **S.W.A.T.** 2&3/18. (S4)
3.00 **Magnum P.I.** 11/20. (S5)
4.00 **MacGyver** 1/13. (S4)
5.00 **DC's Legends of Tomorrow** 10/15. Spooner joins Constantine on a quest. (S6)
6.00 **Stargate Universe** 3/20. Part three of three. A team are sent to a desert planet in search of a mineral. (S1)

9.00 Fist of Fury

7.00 **Stargate Universe** *Darkness:* 4/20. Dr Rush tries to find out why the *Destiny* has lost all power reserves. (S1)

8.00 **Flintoff: Lord of the Fries** 4/6. Freddie and Rob arrive in Scotland, where they visit the Kelpies and the Falkirk Wheel.

9.00 **FILM Fist of Fury** Martial-arts thriller starring Bruce Lee. In 1930s Shanghai, a young kung-fu student embarks on a mission to avenge his old master's death. With Nora Miao. (1972, 18, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Brassic** 1/6. Vinnie and his crew become tangled up with a local crime boss. (S1)
12.00 M'T **The Force: Manchester**
1.00 AM **Brit Cops: Frontline Crime UK** Documentary.
2.00 **Road Wars** Vehicle crime.
3.00 **Magnum P.I.** 11/20. (S5)
4.00 **MacGyver** 1/13. (S4)
5.00 to 6.00 AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 10/23. (S6)
3.55 **Gilmore Girls** 8/22. (S3)
4.55 **Dinner Date**
5.50 **FILM Harry Potter and the Chamber of Secrets** Fantasy sequel with Daniel Radcliffe. (2002, PG, 161 min) ★★★★

5.50 ...the Chamber of Secrets

FILM Harry Potter and the Chamber of Secrets (film started at 5.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Social Media Murders** New edition West Yorkshire police look into the disappearance of school teacher Abi Fisher.

10.00 **Olivia Attwood: The Price of Perfection** The presenter investigates the latest trends in breast enhancements.
11.00 **Family Guy** 1/20. (S20) **11.30** 14/22. Animation. (S3)
12.00 M'T **American Dad!** (S16)
1.00 AM **Bob's Burgers** (S7)
2.00 **World's Funniest Videos**
2.35 **Unwind with ITV**
3.00 **Teleshopping**
3.30 to 4.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat**
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Unknown Soldiers:* An armed thug takes Frost hostage.
6.00 **Heartbeat** *Weight of Evidence:* A woman tells Mike that she has been assaulted – but Jackie thinks there is more to the case than meets the eye.

8.00 Vera

7.00 **Heartbeat** *For Art's Sake:* An arson attack on the home of an artist leads to suspicions that the man's patron was to blame.

8.00 **Vera** *Hidden Depths:* The detectives investigate two murders in which the victims have been placed in water and surrounded by flowers, and believe the culprit may have a connection to a group of bird-watching friends.

10.00 **The Bay** 5/6. A case puts a stop to Dean's work plans, causing him to have second thoughts about his future in the force. (S4)
11.00 **Wire in the Blood** *The Darkness of Light:* The remains of victims are unearthed during excavation work.
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 to 4.00 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Sarah the Lumberjill** The life of lumberjack Sarah Yeaman.
8.00 **Island Crossings** A stranded dolphin needs urgent assistance.
9.00 **Salmond & Sturgeon: A Troubled Union** 1/2. The story of Alex Salmond and Nicola Sturgeon's political partnership.
10.00 **Body on the Beach: What Happened to Annie?** 1/4. Hazel Martin investigates the death of Annie Börjesson. **10.30** 2/4. Hazel tries to piece together Annie's final hours. **11.00** 3/4. Hazel looks into the theory that Annie took her own life. **11.30** PM to 12.00 M'T 4/4. Hazel makes a series of disturbing discoveries.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S1)
9.15 **The Conners** (S1)
10.05 **Silicon Valley** (S1)
11.20 **Barry** 3&4/8. (S1)
12.35 PM **Entourage** (S3)
1.45 **Silicon Valley** (S1)
3.05 **Barry** 3&4/8. (S1)
4.30 **Ballers** 9&10/10. (S1)
5.50 **The Office (US)** (S5)
6.50 **The Conners** (S1)
7.50 **Ballers** 3/10. Spencer and Joe host a party for prospective clients. **8.25** 4/10. Reggie urges Vernon to reject an offer from Dallas and hold out for more. (S1)
9.00 **Micky Flanagan: If Ever We Needed It**
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **Yvonne Orji: Momma I Made It!** Stand-up.
12.35 AM **Enlightened** (S1)
1.55 **Barry** 3&4/8. (S1)
3.10 **The Righteous Gemstones** 1&2/9. (S3)
4.35 to 5.00 AM **Sort Of**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Classic FM Live**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **Buster Keaton: The Genius Crushed by Hollywood**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Portrait Artist... 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Stories from the National Gallery**
9.00 **Fanny: The Other Mendelssohn**
10.50 **Up Late with Nicola Benedetti**
12.25 AM **FILM Lust for a Vampire** (1970) ★★★
2.10 **Mary Cassatt: Painting the Modern Woman**
3.20 **Art's Wildest Movement**
4.35 **Discovering: Neil Young**
5.00 to 6.00 AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 2/26. (S6)
5.00 **Atlantis** 2/13. (S2)
6.00 **Star Trek: Deep Space Nine** 22/26. (S6)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** *O Ke Ali'i Wale No Ka'u Make Make (My Desire Is Only for the Chief):* 25/25. Danny makes a decision. (S6)
9.00 **FBI: Most Wanted** (S2)
10.00 **FBI: International** (S1)
11.00 **Killer in My Village**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 to 6.00 AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Made in Italy**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition DIY series.
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Made in Italy**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **Totally Unbelievable**
10.00 **The Real Housewives Ultimate Girls' Trip**
11.05 **Botched** Medical series.
12.00 M'T **Only Way Is Essex**
1.00 AM **Buying the View**
1.30 to 4.00 AM **Highlights**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Hart to Hart** 5/23. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 2/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 8-11/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *Who Killed Cock Robin?* 14/26. A bird-lover leaves a will and Jeff must protect the beneficiaries. (S1)
10.00 **The New Avengers** *The Last of the Cybernauts:* 3/13. A former double agent seeks to get revenge on Steed. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 to 5.00 AM **GREAT! Movie News Extra**

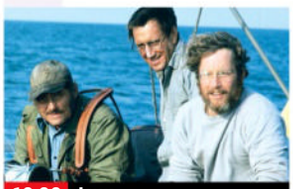
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Professionals**
8.15 **The Adventures of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.25 **Kojak**
11.30 **BattleBots**
12.30 PM **The Adventures of Sherlock Holmes** Mystery.
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Minder**
4.50 **The Professionals**
5.55 **BattleBots** New edition


10.00 Jaws

7.00 **The Motorbike Show** Henry Cole joins the Bike for Life ride out, and Alan Milyard tells the story of the Triumph Bonneville.
8.00 **The Grand Fishing Adventure** The second leg sees Ali Hamidi and Bobby Zamora venture to Lake Orellana in Spain.
9.00 **Giant Lobster Hunters** The real-life dramas of six lobster boat captains over ten weeks of winter rock lobster hunting seasons.
10.00 FILM **Jaws** Thriller starring Roy Scheider. A killer shark terrorises a beach resort. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **The Professionals**
1.25 **The Sweeney**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Motorsport Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 15/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 8/26. (S5)
2.00 **Warehouse 13** 2/13. (S1)
3.00 **Stargate SG-1** 17/22. (S7)
4.00 **Star Trek: Voyager** 7/16. (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 15/22. Data races to save the life of a youngster on a dying planet. (S2)

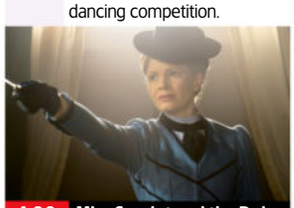
10.00 Grimm

7.00 **Warehouse 13** *Pilot – Part Two:* 2/13. Secret service agents Myka and Peter ease into their roles at Warehouse 13. (S1)
8.00 **Stargate SG-1** *Heroes – Part One:* 17/22. A film crew arrive to document the life of *SG-1*, much to the team's dismay. (S7)
9.00 **The Walking Dead** *Guts:* 2/6. Rick is led to another group of survivors in a store, while Lori grows closer to Shane. (S1)
10.00 **Grimm** *Bears Will Be Bears:* 2/22. Investigating the case of a teenager who was attacked while breaking into a house. (S1)
11.00 **SurrealEstate** 1&2/10. (S1)
1.00 AM FILM **Moon Crash** Sci-fi thriller starring Jeremy London. A lunar drilling accident causes a giant piece of the moon to hurtle toward Earth, leading to a race against time to save the planet. (2022, PG, 89min) ★★
3.00 **The Swarm** 8/8. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 3/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S5)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 3/16. A social media star dies while livestreaming her wedding. (S2)
6.00 **Father Brown** *The Dance of Death:* A contestant is murdered at a ballroom dancing competition.


4.00 Miss Scarlet and the Duke

7.00 **The Mentalist** *Red Queen:* 16/24. Agent LaRoche suspects Hightower of the murder of a police killer. (S3)
8.00 **White Collar** *Company Man:* 8/16. Neal and Peter go undercover at a tech company after the murder of a researcher. (S2)
9.00 **Death in Paradise** *Phone-In-Murder:* 6/9. A woman reports a murder and is then found strangled. (S11)
10.00 **Father Brown** *The Cat of Mastigatus:* The sleuthing priest investigates when a girl is left for dead at a boys' school fete.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Hudson & Rex** As 5.00pm.
2.00 **Murdoch Mysteries** 10/13. A card game involving Dr Grace results in death. (S5)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

10.00 The Royle Family

7.20 **Dad's Army** Captain Mainwaring devises a cunning way of foiling Hitler's invasion plans.
8.00 **dinnerladies** The staff await an important royal visit, but first Stan has to pick just the right toupee.
8.40 **Miranda** Miranda joins a class to learn French. Guest stars Peter Davison.
9.20 **Gavin & Stacey** The couple experience their first-ever lovers' tiff.
10.00 **The Royle Family** Over a gourmet meal, the subject under discussion is Denise's wedding.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.10 **Miranda** As 8.40pm.
1.50 **Gavin & Stacey** As 9.20pm.
2.30 **The Royle Family**
3.00 **Last of the Summer Wine**
3.30 **to 4.00** AM **Miranda**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
1.00 PM **American Pickers: Best Of**
2.00 **Speed with Guy Martin**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** Dave Myers and Si King head to Thailand.
6.00 **Rick Stein's India** Rick visits a five-star hotel in Madurai, Tamil Nadu, and meets India's first *MasterChef* winner.

10.00 QI XL

7.00 **QI** Stephen Fry quizzes Alan Davies, Sean Lock, Rich Hall and Bill Bailey.
7.40 **Richard Osman's House of Games** With Josie Lawrence, Mark Watson and Laura Whitmore. **8.20** With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.
9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the quiz, with guests Roisin Conaty and James O'Brien.
10.00 **QI XL** Host Sandi Toksvig looks at some underthings with guests Maisie Adam, Daliso Chaponda, Jack Dee and Alan Davies.
11.00 **8 Out of 10 Cats** Featuring Sara Pascoe and Al Porter.
11.40 **Mock the Week**
1.00 AM **QI** As 7.00pm.
1.40 **Survivor South Africa**
2.45 **Release the Hounds**
3.35 **to 4.00** AM **Travel Man: 48 Hours in Tenerife**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** (S7)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **A Place in the Sun**
7.45 **The Great Pottery Throw Down** Twelve more potters to take up the pottery challenge.
9.00 **24 Hours In Police Custody: Breakout** An escape attempt from the Yarl's Wood immigration removal centre in Bedfordshire.
10.00 **Celebrity Hunted**
11.05 FILM **The Godfather Coda: The Death of Michael Corleone** Director's cut of *The Godfather: Part III* starring Al Pacino. (2020, 15, 163min) ★★★★
2.05 AM **Big Fat Quiz of the Year 2024**
4.05 **to 5.00** AM **World's Biggest Cruise Ship**

5USA

141/169 120/162 21 129

9.00 AM **NCIS: Hawaii** (S1)
11.55 **Entertainment News**
12.00 NOON **Law & Order: Criminal Intent** (S1)
3.00 PM **Law & Order** (S13)
6.00 **NCIS** *Nine Lives:* 5/25. A Marine is found dead in his garage, and inquiries lead the agents to his former sergeant. **7.00** *Murder 2.0:* 6/25. A serial killer posts footage of his crimes. **8.00** *Collateral Damage:* 7/25. A security guard is killed during a bank robbery. (S6)
9.00 **Law & Order: Special Victims Unit** *Bad Things:* 21/22. Several attacks that have the same MO have different DNA at each scene. (S24)
10.00 **Law & Order: Special Victims Unit** (S11&24)
2.50 AM **Criminal Minds** (S10)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **The Hospital: Life on the Line**
10.00 **999: Emergency Call Out** Documentary.
11.00 **Skin A&E**
12.00 M'T NEW **TMZ: Hollywood's Ozempic Obsession** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every...**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.15 PM FILM **Gunsmoke!** Western. (1953, U) ★★
2.05 FILM **The Gunfighter** Classic Western. (1950, b/w, U, 84min) ★★★★
3.55 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Rescue 999: Seconds to Save a Life**
10.00 **101 Near Misses**
11.00 NEW SERIES **Shooter** *Backroads:* 1/13. Bob Lee Swagger is taken hostage by Solotov. **12.00** M'T New episodes *Red Meat:* 2/13. Bob Lee visits a local prison for answers about his father. **12.55** AM *Sins of the Father:* 3/13. Bob Lee's latest clue leads him to a slaughterhouse. (S3)
1.50 **Trucking Hell**
3.35 **to 4.00** AM **Car Pound Cops**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance: Coast and Country** Documentary.
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 NEW SERIES **Pete Wicks: For Dogs' Sake** 1/4. The *TOWIE* star immerses himself in the world of dog care at Basildon's Dogs Trust rehoming centre. ■ Entire series on U
9.00 **Katherine Ryan: Parental Guidance** The comedian explores unusual parenting ideas.
10.00 **999 Rescue Squad**
11.00 **Aaron Hernandez Uncovered**
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *Miracle in Crooked Lane:* The duo investigate an apparent miracle. **9.00** *New Tricks* *Lady's Pleasure:* The team reopen a murder case. **10.20** *Dockers:* Brian's erratic behaviour hinders an investigation.
11.40 **Bergerac**
12.50 AM **A Small Light**
2.00 **The Upper Hand**
2.40 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun: Home or Away**
11.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House**
7.00 **Celebrity Antiques Road Trip** Double bill.
9.00 **Long Lost Family**
10.00 **Long Lost Family: What Happened Next** A woman whose brother had not only been found, but had undergone gender transition.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Bob's Full House**
11.40 **Bruce Forsyth's Generation Game**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze**
6.00 **Bob's Full House**
6.40 **Bruce Forsyth's Generation Game**
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Warwick Davis hosts the quiz in which a pub quiz team from Oxfordshire take part.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies** Quiz hosted by Ross Kemp.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **Wild West Chronicles**
8.50 FILM **We Dive at Dawn** World War Two drama. (1943, U, 97min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Kentucky Rifle** (1956, U) ★★
2.50 FILM **Prairie Fever** Western. (2008, PG, 81min) ★★★
4.40 FILM **War of the Wildcats** Western. (1943, b/w, U, 102min) ★★
7.00 **The High Chaparral**
8.00 **The Avengers** (S5)
9.00 FILM **The Unforgiven** Western. (1960, PG, 125min) ★★★
11.50 FILM **First Kill** Thriller. (2017, 15, 97min) ★★
2.00 AM FILM **Mega Shark vs Mecha Shark** Thriller. (2014, 15, 85min) ★★
3.50 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Retribution** Drama. (2012, PG) ★★
10.55 FILM **Flirting with Danger** Thriller. (2006, PG, 90min) ★★
1.00 PM FILM **Born and Missing** Crime thriller. (2017, PG, 90min) ★★
2.55 FILM **Mommy's Little Boy** Thriller. (2017, PG, 88min) ★★
5.00 FILM **Deadly B&B** Thriller. (2018, 12) ★
7.00 FILM **Collision Earth** Drama. (2020, 12) ★
9.00 FILM **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★
11.10 FILM **Predestination** Sci-fi thriller. (2014, 15, 98min) ★★★★
1.10 AM FILM **Lost Letter Mysteries for Christmas** Comedy. (2014, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **A Bride's Nightmare** Thriller. (2020, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
10.15 FILM **A Winter Getaway** Comedy. (2021, PG) ★★
12.10 PM FILM **Mid-Love Crisis** Drama. (2022, PG) ★★
2.00 FILM **Love's Match** Drama. (2021, PG) ★★
4.10 FILM **You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
6.10 FILM **Wedding of Dreams** Romantic drama. (2018, PG, 85min) ★★
8.00 FILM **A Very Country Wedding** Drama. (2019, PG, 90min) ★★
10.05 FILM **Wedding at Graceland** Drama sequel. (2019, PG, 90min) ★★
12.05 AM FILM **Tell Me I Love You** Romantic comedy. (2020, PG, 78min) ★★
1.55 **Highway to Heaven**
3.05 **to 5.00** AM FILM **The Perfect Bride: Wedding Bells** (2018, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn and His Friends** 2/26. (S1)
9.00 **Fantasy Island** (S1)
10.00 **Bewitched** 32/36. (S1)
10.30 **Watching** 5/6. (S3)
11.00 **A Fine Romance** (S1)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Dick Turpin** (S2)
1.00 PM **Sherlock Holmes**
2.00 **The Blue and the Gray**
3.45 **Auto Rewind**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 5/6. (S3)
6.00 **Bewitched** 32/36. (S1)
6.30 **Thriller** 2/10. (S1)
7.50 **Mysterious Tales**
8.00 **Dick Turpin** (S2)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **The Blue and the Gray**
12.40 AM **Whose Line Is It Anyway?** Comedy.
1.10 **Monkey** 20/26. (S1)
2.10 **Police Woman** (S1)
3.10 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Bitchin' Rides**
7.00 **Deadliest Catch** Following the work of Alaskan crab fisherman **8.00** With winter intensifying, Sean faces an engine room fire.
9.00 **Aussie Gold Hunters** Jacqui and Andrew face a setback and enlist the help of a rookie miner. **10.00** The Gold Devils push their equipment. **11.00** The Dirt Dogs struggle to hunt their final $350,000 of gold.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Adam Richman Eats Football**
6.30 **Adam Richman Eats Britain** Eton Mess.
7.00 **The Pioneer Woman**
9.00 **My Greatest Dishes**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin: Delicious**
3.00 **The Pioneer Woman**
5.00 **My Greatest Dishes**
7.00 **The Great British Bake Off** Twelve home cooks compete in the contest, making 24 cupcakes. **8.00** The 11 remaining bakers make a quiche.
9.00 **James Martin's Islands to Highlands**
10.00 **James Martin: Delicious**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 24/28. (S1)
9.00 **The A-Team** 13/13. (S5)
10.00 **T.J. Hooker** 12/22. (S2)
11.00 FILM **D.O.A. (Dead on Arrival)** Thriller. (1950, b/w, PG, 80min) ★★
1.00 PM FILM **The Bull of the West** Western. (1972, 12, 90min) ★★
3.00 FILM **The Virginian** Western. (2014, 12, 90min) ★★
5.00 **Star Trek** 18/24. (S3)
6.00 **T.J. Hooker** 13/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Family Business** Comedy drama. (1989, 15, 110min) ★★★
11.15 FILM **Drive Hard** Thriller. (2014, 15, 92min) ★
1.10 AM FILM **War on the Range** Western thriller. (2015, 15, 100min) ★★
3.10 **to 5.00** AM FILM **The House of the Devil** Horror thriller. (2009, 18, 95min) ★★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Monster Hunters** As 5.00pm.
8.00 FILM **The 7 Adventures of Sinbad** Adventure. (2010, PG, 90min) ★★
10.00 **Andromeda** 16/22. (S5)
11.00 FILM **Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
1.00 PM FILM **Gambler III: The Legend Continues** Western drama sequel starring Kenny Rogers. (1987, PG, 90min) ★★
3.00 **Andromeda** 16/22. (S5)
4.00 **Star Trek** 3/30. (S1)
5.00 FILM **Monster Hunters** Fantasy adventure. (2020, 15, 88min) ★
7.00 **Andromeda** 17/22. (S5)
8.00 **Star Trek** 4/30. (S1)
9.00 FILM **A Certain Justice** Action adventure. (2014, 15, 96min) ★★
10.55 FILM **Initiation** Horror. (2020, 18, 96min) ★★
1.00 **to 3.00** AM FILM **A Certain Justice** (2014)

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters**
11.10 **Phantom Signals**
12.10 PM **Strangest Things**
1.05 **Egypt's Unexplained Files** Ancient icons.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters Down Under**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
10.00 **Blown Away**
11.00 **Battle of Alcatraz**
12.00 M'T **Swamp People: Serpent Invasion**
1.00 AM **Close Encounters**
2.00 **Phantom Signals**
3.00 **Hardcore Pawn**
3.25 **Auction Kings**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Nick Knowles' New Year Clearout**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Tony Robinson's History of Britain** The actor examines the nation under the rule of the Roman Empire.
9.00 **The Lost Ships: The Hunt for the Kaiser's Superfleet** The search for a missing fleet of German warships.
10.00 **Inside the Tower of London** Documentary.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.05 AM **Bargain-Loving Brits in the Sun**
3.05 **Nick Knowles' Big House Clearout**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Windy City Rehab: Alison's Dream Home** Alison faces a financial problem as she tackles her biggest renovation.
10.00 NEW SERIES **100 Day Dream Home** A Black Hawk helicopter pilot and his wife call on Brian and Mika Kleinschmidt to create their forever home.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **I Love a Mama's Boy** Shekeb takes a break from Emily.
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **My 600lb Life: Where Are They Now?**
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **to 6.00** AM **My 600lb Life: Where Are They Now?**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S1)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 13&14/22. (S7)
1.00 PM **Friends** (S5)
8.30 **Friends** 20/24. Rachel accidentally overhears a telephone message meant for Ross. (S5)
9.00 FILM **Austin Powers: International Man of Mystery** Spy spoof with Mike Myers. (1997, 15, 95min) ★★★★
11.00 **Channel Hopping with Jon Richardson**
12.00 M'T **Rich Hall – 3:10 to Humour** Stand-up show.
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Reno 911!** 2&3/14. (S1)
3.00 **Key & Peele**
3.20 **The Daily Show** New edition Talk show.
4.05 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 18&19/24. (S4)
11.00 **Friends** 1-4/24. (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 12&13/14. (S5)
4.00 **New Girl** 22&23/24. (S1)
5.00 **Becker** 18&19/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** Aisha Tyler hosts a compilation. **9.30** With guest Gary Anthony Williams.
10.00 **Friends** 2-7/24. (S5)
1.00 AM **Ren & Stimpy Show**
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Paul F Tompkins: Labouring Under Delusions** Stand-up.
4.30 **Jimmy Carr: Being Funny** Stand-up show.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Border Patrol**
12.00 NOON **Stop, Search, Seize** Documentary.
2.00 PM **The Real A&E**
3.00 **Highway Cops**
4.00 **Border Patrol**
5.00 **Coroner** 2/12. (S4)
6.00 **New Amsterdam** *Hook, Line And Sinker:* 2/13. Max tests a new cost-saving programme. (S5)
7.00 **MacGyver** 3&4/21. (S1)
9.00 **SurrealEstate** (S1)
11.00 **For Life** 2/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own Road Trip: Southeast Asia**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 1/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **Help! I'm in a Secret Relationship!** Robert wants to know why Chris won't introduce him to his family.
9.00 **Badass Brides** Meeting brides-to-be who are taking their weddings to the extreme.
11.00 FILM **The Craft** Supernatural horror fantasy starring Robin Tunney, Fairuza Balk, Neve Campbell and Rachel True. Four outsiders at a posh LA girls' school decide to form a witches' coven. (1996, 15, 101min) ★★★
1.00 AM **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers World Tour**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold**
5.00 **Deadliest Catch** When Mandy devises a plan for partnering, Sig must rethink his own tactics.
6.00 **Wheeler Dealers World Tour** In southern France, Mike and Elvis find a charming 2CV Fourgonnette.

11.00 The Last Woodsmen

7.00 Salvage Hunters In Oxfordshire, salvage supremo Drew Pritchard is spoiled for choice at a dealership in Henley.

8.00 Kindig Customs The upholstery shop changes up their routine as a client arrives for a long-awaited reveal.

9.00 Gold Rush New edition Tensions escalate when two crew members get into a fight on Kevin's claim.

10.00 Gold Rush New edition Following the gold miners of the Yukon as they put everything on the line to strike it rich.

11.00 **The Last Woodsmen** New edition Jared Douglas and his team transport the most valuable timber on Earth.
12.00 M'T **Street Outlaws**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **The Last Woodsmen**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **How Do Animals Do That?**
2.00 **Swimming with Monsters with Steve Backshall**
3.00 **Rugged Justice**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** In Denver, Dr Amy treats a kitten with a mysterious injury.
6.00 **Extinct or Alive** Forrest searches for a fabled tortoise on the Galapagos Islands.

8.00 The Aquarium

7.00 Amanda to the Rescue After a whirlwind mission in Hawaii, Amanda brings home a shy shelter dog and a blind foster puppy.

8.00 The Aquarium After devouring all his tankmate's food, a hungry sea turtle finds a space to eat in peace.

9.00 The Aquarium A rescued sea otter must develop his independence after becoming too attached to his best friend.

10.00 Alaska: The Last Frontier Otto and Eivin fight to douse a raging coal fire on Kilcher beach that threatens the homestead.

11.00 **Expedition Bigfoot** Russell finds a structure he believes is a Bigfoot nest. **12.00** M'T Mireya and Ronny make a powerful discovery.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Lost Treasures of the Bible**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Disaster Autopsy**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Seconds from Disaster** An investigation into the crash of a cargo plane in Amsterdam.
5.00 **Car S.O.S** Tim and Fuzz restore a Triumph TR4.
6.00 **Construction Fails** How Notre Dame cathedral caught fire.

9.00 Hitler's Last Stand

7.00 Air Crash Investigation Investigators make a shocking discovery that threatens Russia's entire aviation system.

8.00 WW2: Hell Under the Sea The crew struggle to regain control battling a chemical fire that threatens their air supply.

9.00 Hitler's Last Stand In 1944, resistance fighters declare a Free French Republic in Eastern France.

10.00 Nazi Megastructures Hitler forms a strategy to destroy Britain's air power and land troops in southern England.

11.00 **Air Crash Investigation**
12.00 M'T **UFOs: Investigating the Unknown** Documentary.
1.00 AM **Paranatural**
2.00 **Bid & Destroy**
2.30 **Abandoned** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **History's Greatest Aircraft**
7.45 **Dirty Old Cars** Double bill.
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Secret Societies: In the Shadows** The Illuminati.
1.00 PM **Dirty Old Cars**
2.00 **WWII's Most Daring Raids**
4.00 **Pawn Stars** The guys check out a smashed guitar. **5.00** Artwork by Raphael. **5.30** A copy of *Seven Years in Tibet* signed by the author.
6.00 **American Pickers**

11.00 The Proof Is Out There

7.00 Forged in Fire Three smiths face off in a single five-hour round where they make a signature blade out of scrap steel.

8.00 History's Greatest Aircraft New edition One of World War Two's most iconic bombers – the Boeing B-17.

9.00 The Egyptian Book of the Dead A version of the ancient text once buried with an Egyptian scribe, now preserved in the British Museum and thought to be the oldest surviving document in human history.

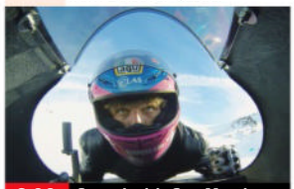
11.00 NEW SERIES **The Proof Is Out There: Alien Edition** Journalist Tony Harris contemplates whether the US government has been hiding the truth about aliens.
12.00 M'T **Pawn Stars** Triple bill.
2.00 AM **The Curse of Oak Island**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The World at War**
11.00 **Adolf Hitler's War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War** America drops the first atomic bomb.
5.00 **Adolf Hitler's War** Hitler's Spring Offensive is stopped.
6.00 **Antiques Roadshow** The second of two editions from Bolsover Castle.



8.00 Speed with Guy Martin

7.00 Great American Railroad Journeys Michael Portillo arrives in Washington, DC, the centre of political power in the US.

8.00 Speed with Guy Martin The racing fan attempts to break the record for the world's fastest gravity-powered sled.

9.00 Bangers & Cash: Restoring Classics The team think they can smell profit by choosing one of the simplest cars ever built.

10.00 Bangers & Cash A beautiful looking sports car has been fooling the punters and intriguing Derek.

11.00 **Abandoned Engineering** A ghostly house in a tropical paradise that is feared by locals and a pioneering complex marked by glory and tragedy.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **The Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers** Mike and Elvis take a gamble on a TVR Griffith. **8.00** Mike Brewer finds a Cadillac coupe with minimal damage.
9.00 NEW SERIES **Richard Hammond's Workshop** Richard pushes the Smallest Cog to clinch an important restoration.
10.00 **The Repair Shop**
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Curvy Brides Boutique**
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** Susan Casey.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **Body Cam** New edition A wild car chase.
11.00 **The Murder Tapes**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** A racing driver loses control on a track. **7.30** A man is attacked by the very elephants he campaigns to save.
8.00 **Cold Justice** Kelly Siegler and Johnny Bonds answer the call of a grieving mother.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 **Uncovering the Date Rape Killer** Tracing the movements of a date rape killer.
11.00 **Descent of a Serial Killer** Danny Rolling.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Uncovering the Date Rape Killer**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Donal MacIntyre's Murder Files**
4.00 **Medical Detectives** An FBI investigation into letter bombs. **4.30** A Los Angeles-based kidnapping ring run by Russian immigrants is exposed. **5.00** The discovery of a baby girl's body after an alleged kidnapping. **5.30** A look at a bizarre case in which a woman was shot dead. **6.00** Scientists reopen a murder enquiry. **6.30** A 70-year-old retired veteran is found dead on his boat.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **What the Killer Did Next** Nadine Aubras.
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **What the Killer Did...**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Evil Killers**
10.00 **Murder in Slow Motion**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **Who Killed Jill Halliburton Su?**
2.05 **Snapped** Angel Brown.
3.00 **Brit Cops: War on Crime**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Britain's Biggest Dig**
9.35 **Full Steam Ahead**
10.45 **Jungle War**
11.50 **WW2: Battle of Crete**
1.00 PM **Britain's Biggest Dig**
2.15 **Full Steam Ahead**
3.35 **Jungle War**
4.40 **WW2: Battle of Crete**
5.55 **Britain's Biggest Dig**
7.10 **Full Steam Ahead** Alex Langlands and Peter Ginn work as navvies, who built the railway tracks in all conditions.
8.25 **Jungle War** Exploring the aftershocks of World War Two as new leaders apply jungle warfare tactics to struggles for independence in the Malayan Emergency.
9.35 **WW2: Battle of Crete** An evacuation mission costs the lives of almost 1,000 soldiers.
10.45 **Full Steam Ahead**
12.00 M'T **Jungle War**
1.10 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Guest Wing**
7.00 **Discovering: Claude Rains**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Rolling Stone: Stories from the Edge**
11.00 **The Man Who Bought Cricket**
12.00 NOON **Jackie Stewart**
2.00 PM **Seve**
4.00 **The Directors**
5.00 **Discovering: Claude Rains**
6.00 **The Sixties**
7.00 **Urban Secrets**
8.00 **Dart Kings** 1/3. Documentary looking at the sport during the 1970s, 1980s and 1990s.
9.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
11.00 **Hatton** Profile of Ricky Hatton.
1.00 AM **Val** The life of Val Kilmer.
3.00 **I Am Johnny Cash**
4.45 **My Icon: Duke McKenzie**
5.00 **to 6.00** AM **Discovering: Claude Rains**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Nomads of the Serengeti**
11.00 **Orangutan Jungle School**
12.00 NOON **Arabian Inferno**
1.00 PM **Monkey Life** Double bill.
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Nomads of the Serengeti**
5.00 **Coastal Africa**
6.00 **Arabian Inferno**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Dragons and Damsels** The world of dragonflies and damselflies.
9.00 **Airborne** A look at how animals defy gravity to gather food.
10.00 **Arabian Inferno**
11.00 **Coastal Africa**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Israel**
2.00 **David Attenborough's Dragons and Damsels**
3.00 **Airborne** As shown at 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.50 **Winston Churchill's War**
8.50 **Traitors** Vladimir Vetrov.
10.00 **Phantom Signals**
11.00 **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Winston Churchill's War**
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **UFO Encounters UK**
8.00 **History's Crazy Rich Ancients**
9.00 **Spycraft** Intelligence officers acquire the information collected by sources.
10.00 **The Witches of Salem** How paranoia reached fever pitch as the demonic conspiracy terrorising Salem village grew.
11.00 **Secrets in the Ice**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Secret Islands**
3.00 **Secrets of Great British Castles** The Tower of London.
4.00 **Weird or What? With William Shatner** Life after death.
5.00 **to 6.00** AM **Close Encounters**

Crime+Investigation

156 837 133

6.00 AM **The First 48 Presents...**
7.00 **Homicide Hunter**
8.00 **After the First 48**
9.00 **Murdertown**
10.00 **Murder by Medic**
11.00 **Green Eyed Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Killer Town**
3.00 **Killer Britain with Dermot Murnaghan** Janbaz Tarin.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **The First 48 Presents: Critical Minutes**
7.00 **After the First 48**
8.00 **Murder by Medic**
9.00 NEW SERIES **Missing Presumed Dead** True-crime.
10.00 **Tell Me How I Died**
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Missing Presumed Dead**
2.00 **Tell Me How I Died**
3.00 **Murder by Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Europe's New Wild**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Vietnam**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** A routine piglet castration turns dangerous.
8.00 **Heartland Docs** New edition Surgery on a dog with a uterus ten times its normal size.
9.00 **OceanXplorers** Documentary following a research vessel exploring uncharted oceans. **9.45** The team follow the elusive sperm whale.
10.30 **Animal Genius**
11.00 **Alaska: The Next Generation**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **Africa's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: North Carolina** Documentary.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shark Attack Survivors**
8.00 **Extreme Engineering**
9.00 **Combat Dealers: Reloaded**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Alien Contact** An investigation into whether aliens have made contact with Earth.
8.00 **Shark Attack Survivors**
9.00 **Combat Dealers** Bruce spends £40,000 on an army uniform.
10.00 **Shed and Buried** Henry and Sam take a look at Norton motorbikes and Italian mopeds. **10.30** Henry and Sam head to Hertfordshire.
11.00 **World's Greatest Motorcycle Rides** America's East Coast.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
7.00 **Inside the Ambulance** A young motorcyclist needs urgent treatment, and a baby's high heart rate is concerning. **8.00** Paramedics treat a man whose flat has filled up with toxic smoke and an eight-year-old with an erratic heart rate. **9.00** A taxi flips over on the motorway with two passengers trapped inside, and a 74-year-old man with a long list of health problems comes in. **10.00** Paramedics help a woman who has a suspected stroke, and a boy raises the alarm after his mother collapses. **11.00** Gaz offers some support to a mother whose toddler is suffering convulsions. **12.00** M'T A police officer is involved in a car accident.
1.00 AM **Inside the Ambulance**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **Deadly Secrets**
9.00 **Killer Unknown**
11.00 **The Murder Tapes**
1.00 PM **Swamp Murders**
3.00 **Deadline: Crime with Tamron Hall** Double bill.
5.00 **Still a Mystery** The case of insurance agent Carla Stefaniak. **6.00** A look into the case of teenager Brookelyn Farthing, who disappeared in 2013.
7.00 **Disappeared** The case of 19-year-old Ginni Wood and her friend Kelly Gaskins who vanished in Texas in 2007. **8.00** The case of Jamie Fraley, who vanished from her North Carolina apartment in 2008.
9.00 **Gypsy's Revenge** The case of Dee Dee and Gypsy Rose Blanchard.
11.00 **Relatively Evil** After a brutal murder, police turned their attention to family members who didn't see eye to eye.
12.00 M'T **Shadow of Doubt**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Bad Chad Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Vintage Voltage**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** Richard's new workshop is finally open.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Roadworthy Rescues** Derek finds a 1951 Chevy Deluxe.
9.00 **Bad Chad Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud** Documentary.
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

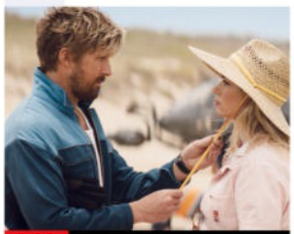
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.25 AM **The Night Before Christmas in Wonderland** Animation. (2024, U) ★★★★
9.05 **Christmas Eve in Miller's Point** As shown at 4.00am.
11.00 **The 4:30 Movie** As 6.20pm.
12.45 PM **Kung Fu Panda 4** Animated comedy sequel. (2023, PG, 94min) ★★★
2.25 **The Fall Guy** As 8.00pm.
4.35 **A Quiet Place: Day One**
6.20 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★



8.00 The Fall Guy

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Convert Action drama starring Guy Pearce. A preacher is caught up in a tribal war. (2024, 15, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o and Joseph Quinn. (2024, 15, 100min) ★★★★
2.05 **Abigail** Horror starring Melissa Barrera and Dan Stevens. (2024, 18, 105min) ★★★★
4.00 **to 6.00** AM **Christmas Eve in Miller's Point** Comedy drama. (2024, 12, 106min) ★★★★

Sky Cinema Hits

303 403 503 517

6.30 AM **The Cinema List: Musicals**
6.45 **Nacho Libre** As 3.50am.
8.35 **Balls of Fury** As 12.15am.
10.20 **Nutty Professor II: The Klumps** As shown at 1.55am.
12.20 PM **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
2.15 **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
4.05 **Bad Neighbours 2** Comedy sequel. (2016, 15, 90min) ★★
5.55 **The Meg** Action thriller. (2018, 12, 113min) ★★★

5.55 The Meg

8.00 Meg 2: The Trench Action thriller sequel starring Jason Statham. When a mining operation unleashes a school of megalodon sharks, rescue expert Jonas Taylor attempts to save the day. With Cliff Curtis. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Transformers: Rise of the Beasts Fantasy adventure prequel starring Anthony Ramos and Dominique Fishback. (2022, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Balls of Fury** Spoof martial arts movie with Dan Fogler. (2007, 12, 90min) ★
1.55 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. (2000, 12, 105min) ★★★
3.50 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
5.30 **to 6.00** AM **The Cinema List: Spectacular Sci-Fi**

Sky Cinema Drama

310 410 510 524

6.05 AM **Widow Clicquot** As 4am.
7.40 **Burlesque** As 3.45pm.
9.40 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
11.25 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
1.15 PM **Straight Outta Compton** Biopic of hip-hop group NWA. (2015, 15, 147min) ★★★
3.45 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
5.55 **Steve Jobs** Biopic with Michael Fassbender and Kate Winslet. (2015, 15, 119min) ★★★★
8.00 **Charlie Wilson's War** Satirical comedy starring Tom Hanks and Julia Roberts. A Texas congressman manipulates the US political machine in a bid to arm the rebels in 1980s Soviet-occupied Afghanistan. (2007, 15, 97min) ★★★★
9.55 **Big George Foreman** Sports biopic starring Khris Davis. (2023, 12, 129min) ★★★
12.10 AM **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★
2.15 **You Can Live Forever** Drama. (2022, 15, 96min) ★★★
4.00 **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
5.35 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 411 511 525

6.15 AM **Resident Evil: Degeneration** As 12.10am.
8.05 **Resident Evil: Vendetta**
9.55 **After Earth** As 10.25pm.
11.50 **Godzilla** Thriller remake. (2014, 12, 118min) ★★★
2.05 PM **Men in Black 3** Sci-fi action comedy sequel with Will Smith. (2012, PG, 105min) ★★★★
4.05 **The Purge: Election Year** Horror. (2016, 15, 108min) ★★★
6.00 **Men in Black: International** Fantasy comedy sequel starring Chris Hemsworth. (2019, 12, 110min) ★★★
8.00 **Ready Player One** Steven Spielberg's fantasy adventure starring Tye Sheridan and Olivia Cooke. Gamers explore a virtual world in the quest for a deceased tycoon's fortune. (2018, 12, 140min) ★★★★
10.25 **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
12.10 AM **Resident Evil: Degeneration** Animation. (2008, 15) ★★
1.50 **Resident Evil: Vendetta** Animation. (2017, 15) ★★★
3.40 **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★
5.20 **to 7.20** AM **Biosphere** Comedy drama. (2022, 15, 106min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.35 AM **Batman Unlimited: Monster Mayhem** (2015)
9.05 **A Tiger's Journey** As 2am.
10.50 **Reuniting the Rubins** (2010)
12.40 PM **Robo-Dog** As 12.20am.
2.25 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
4.00 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
5.45 **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★

5.45 Journey to the Center...

7.25 **Journey 2: The Mysterious Island** Fantasy adventure sequel starring Dwayne Johnson. (2012, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Muppets from Space** Children's sci-fi comedy. Believing himself to be an extraterrestrial, the Great Gonzo recruits the help of the other Muppets to search for his origins. (1999, U, 85min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Robo-Dog** Adventure. (2015, PG, 87min) ★★★
2.00 **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
3.50 **Reuniting the Rubins** Comedy drama with Timothy Spall. (2010, PG, 98min) ★
5.40 **to 7.25** AM **Muppets from Space** As shown at 9.10pm.

Sky Cinema Stunts

307 407 507 521

6.05 AM **The Canton Godfather** Hong Kong action comedy. (1989, PG, 122min) ★★★
8.15 **Jackie Chan's Police Story 2**
10.20 **Once Upon a Time in China II**
12.20 PM **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★★
2.20 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
4.25 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
6.10 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★

8.00 John Wick

8.00 **John Wick** Action thriller starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
1.55 AM **Jackie Chan's Police Story 2** Hong Kong martial arts comedy thriller sequel. (1988, 15, 91 min) ★★★
4.00 **to 6.00** AM **Once Upon a Time in China II** Hong Kong martial arts thriller sequel. (1991, 15, 120min) ★★★

Sky Cinema Comedy

308 408 508 522

6.00 AM **Downsizing** As 5.15am.
8.30 **We're No Angels** Comedy. (1954, U, 106min) ★★★★
10.25 **Snow Day** Family comedy. (2000, PG, 89min) ★★
12.10 PM **In & Out** Comedy. (1997, 12, 91 min) ★★★
1.50 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
3.45 **The Holiday** Romantic comedy with Cameron Diaz. (2006, 12, 135min) ★★★
6.05 **Friends with Benefits** (2011)

9.40 Hope Springs

8.00 **Bad Neighbours** Comedy starring Seth Rogen and Zac Efron. A couple enter into a game of one-upmanship with the raucous student household next door. (2014, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Hope Springs** Romantic comedy drama starring Meryl Streep and Tommy Lee Jones. A long-married couple try to rekindle the spark in their stale relationship. (2012, 12, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Midnight Run** Comedy thriller. (1988, 18, 122min) ★★★★
1.35 AM **Friends with Benefits** Romantic comedy with Mila Kunis. (2011, 15, 105min) ★★★
3.30 **What Happens Later** Romantic comedy with Meg Ryan. (2023, 15, 99min) ★★★
5.15 **to 7.35** AM **Downsizing** Sci-fi comedy starring Matt Damon. (2017, 15, 135min) ★★★★

Sky Cinema Thriller

309 409 509 523

6.00 AM **The Cinema List: Thrillers**
6.15 **The Independent** Drama. (2022, 12, 108min) ★★★
8.05 **Last Seen Alive** As 1.50am.
9.45 **Missing** (2023, 15) ★★★
11.40 **The Saint** Thriller spin-off. (1997, 12, 116min) ★★★
1.40 PM **Marnie** Hitchcock thriller. (1964, 15, 130min) ★★★★
3.55 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
6.05 **Absolution** Crime thriller. (2024, 15, 112min) ★★★

9.55 American Gigolo

8.00 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead. A woman survives a car crash, only to end up trapped in a bunker by a man claiming the world is coming to an end. (2016, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **American Gigolo** Thriller starring Richard Gere and Lauren Hutton. A highly paid gigolo becomes involved with the wife of a senator and finds himself framed for the murder of one of his clients. (1980, 18, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Oldboy** Revenge thriller remake starring Josh Brolin. (2013, 18, 104min) ★★
1.50 AM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
3.40 **Sky Cinema Preview**
4.30 **to 6.30** AM **Mona Lisa and the Blood Moon** Mystery. (2021, 15, 106min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Cover Girl** Musical. (1944, b/w, U, 100min) ★★★★
1.10 PM **Tora! Tora! Tora!** War epic. (1970, U, 144min) ★★★
4.00 **Journey to the Centre of the Earth** Fantasy adventure starring James Mason. (1959, U, 132min) ★★★
6.40 **Deep Impact** Disaster movie starring Robert Duvall, Téa Leoni and Elijah Wood. (1998, 12, 123min) ★★★★

9.00 The G

Deep Impact (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **PREMIERE** **The G** Crime thriller starring Dale Dickey. A mysterious woman seeks revenge on the corrupt legal guardian who destroyed her life. With Romane Denis and Daniel Brochu. (2023, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **The Drop** Crime drama with Tom Hardy. A Brooklyn bartender who secretly works for gangsters gets involved in a robbery gone wrong that digs up long-buried secrets. (2014, 15, 107min) ★★★★
1.20 **to 3.35** AM **Mona Lisa** Thriller starring Bob Hoskins, Cathy Tyson and Michael Caine. (1986, 15, 104min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

8.25 AM **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
10.25 **Patch Adams** Comedy drama. (1998, 12, 115min) ★★
12.25 PM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
2.00 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★
3.50 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
5.50 **The Theory of Everything** Biopic starring Eddie Redmayne. (2014, 12, 120min) ★★★★
8.00 **Forrest Gump** Oscar-winning whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four turbulent decades of US history. With Sally Field. (1994, 12, 136min) ★★★★
10.25 **Philadelphia** Oscar-winning melodrama starring Tom Hanks and Denzel Washington. (1993, 12, 122min) ★★★★
12.35 AM **Schindler's List** Steven Spielberg's Oscar-winning drama starring Liam Neeson. (1993, 15, 195min) ★★★★★
3.50 **The Adjustment Bureau** (2011)
5.40 **to 7.40** AM **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★

Sky Cinema Greats

304 404 504 518

7.20 AM **Robin Hood: Prince of Thieves** As shown at 5.20am.
9.55 **Wonder Woman** As 1.10am.
11.25 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★
1.50 PM **Superman II** Fantasy sequel starring Christopher Reeve. (1980, PG, 127min) ★★★
4.05 **Superman III** Fantasy sequel starring Christopher Reeve. (1983, PG, 123min) ★★★
6.15 **Superman IV: The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
8.00 **Superman Returns** Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. (2006, 12, 154min) ★★★
10.40 **Man of Steel** Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill, Michael Shannon and Amy Adams. (2013, 12, 143min) ★★★
1.10 AM **Wonder Woman** Animation. (2009, PG, 74min) ★★★
2.35 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
4.35 **Sky Cinema Preview**
5.20 **to 7.50** AM **Robin Hood: Prince of Thieves** Adventure. (1991, PG, 138min) ★★

Sky Cinema Animation

305 412 500 514

6.25 AM **Over the Hedge** As 4pm.
7.55 **The Emoji Movie** As 8.30pm.
9.30 **Two by Two** As shown at 7pm.
11.05 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
12.40 PM **Home** Animated adventure. (2014, U, 94min) ★★★
2.20 **Mr Peabody & Sherman** Animation featuring the voices of Ty Burrell and Max Charles. (2014, U, 97min) ★★★★
4.00 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
5.30 **Rugrats Go Wild** Animated comedy. (2003, U, 81 min) ★★★
7.00 **Two by Two** Animated adventure. (2015, U, 85min) ★★
8.30 **The Emoji Movie** Animated adventure featuring the voice of TJ Miller. (2017, U, 83min) ★
10.00 **The Rugrats Movie** Animated comedy. (1998, U, 80min) ★★★
11.30 **Rugrats Go Wild** As 5.30pm.
1.00 AM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
2.35 **Megamind vs The Doom Syndicate** Animated adventure with the voice of Keith Ferguson. (2024, U, 83min) ★★★
4.05 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
5.40 **to 6.00** AM **Sky Cinema Preview**

Movies 24

312 419

7.00 AM **Food for the Heart** Comedy. (2023, PG, 83min) ★★
9.00 **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
11.00 **The Proposal Spot** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
3.00 **The Magic of Lemon Drops** Romantic fantasy drama. (2024, PG, 84min) ★★
5.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
7.00 **The Professional Bridesmaid** Romantic drama starring Hunter King and Chandler Massey. (2023, PG, 90min) ★★
9.00 **The Love Issue** Romantic drama starring Alicia Dea Josipovic and Luke Humphrey. A magazine beauty editor persuades a photographer to pretend to be her boyfriend when her ex gets engaged. (2023, PG, 85min) ★★
11.00 **Hearts Under the Olive Tree** Comedy. (2023, PG, 89min) ★★
1.00 AM **Groundswell** Romantic comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **A Priceless Love** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Master Spy** Thriller. (1962, b/w, U, 68min) ★★
7.25 **Serena** Murder mystery. (1962, b/w, U, 63min) ★★
8.40 **Once a Sinner** Drama. (1950, b/w, PG, 80min) ★★★
10.20 **Never Look Back** Mystery. (1952, b/w, PG, 73min) ★★★
11.50 **The Long and the Short and the Tall** World War Two drama. (1960, b/w, PG, 110min) ★★★★
1.55 PM **The Arsenal Stadium Mystery** Vintage thriller. (1939, b/w, PG, 85min) ★★★
3.40 **Murder in Reverse** Thriller. (1946, b/w, PG, 80min) ★★★
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 24/34. (S1)
7.35 **Beau Geste** 1/8. (S1)
8.05 **Rumpole of the Bailey** (S5)
9.10 **White Corridors** Medical drama starring Googie Withers. (1951, b/w, U, 95min) ★★
11.05 **Five** Drama. (1951, U) ★★★
1.00 AM **The Devil Commands** Chiller. (1941, 15, 65min) ★★
2.25 **Jacktown** Prison drama. (1962, 15, 62min) ★★★
3.40 **Ramrod** Western adventure. (1947, b/w, PG, 94min) ★★★
5.30 **to 6.00** AM **William Russell – Sir Lancelot**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
8.00 **LIVE Test Cricket South Africa v Pakistan.** Coverage of day five of the second Test in the two-match series from Six Sun Grill Newlands in Cape Town. The sides last met here in this format in 2019, when South Africa prevailed by nine wickets, but the hosts have lost two of the three Tests to be played here since then.
4.30 PM **Transfer Centre**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **LIVE EFL Cup** Coverage of a semi-final first-leg, as the teams continue their bid to lift the trophy. Championship side Middlesbrough claimed a shock win at home to Chelsea in the corresponding game of last season's competition. However, it was the Blues who went on to reach the showpiece match, where they were beaten by Liverpool after extra time.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, featuring the Brisbane International.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **MNF Hlts** Recent action.
7.30 **Premier League Highlights**
8.30 **SNF** Brighton v Arsenal.
9.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **MNF Hlts**
12.30 PM **Gary Neville's Soccerbox**
1.00 **Premier League Highlights**
2.00 **SNF** Brighton v Arsenal.
2.30 **Premier League Highlights**
3.30 **SNF** Brighton v Arsenal.
4.00 **Premier League Highlights**
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Netbusters** Recent action.
6.30 **MNF Hlts** Wolverhampton Wanderers v Nottingham Forest.
7.00 **Premier League Review**
8.00 **Netbusters** Recent action.
8.30 **Gary Neville's Soccerbox** The presenter talks to Robert Pires.
9.00 **Premier League Review**
10.00 **Premier League Icons**
11.00 **Premier League Years** A look back at the 2000/01 season.
1.00 AM **PL Retro** Chelsea v Man United from the 2011/12 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL** Archive highlights.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy** The 2023/24 final.
12.00 NOON **EFL** Championship.
2.00 PM **EFL Highlights**
2.30 **Scottish Premiership Round-Up**
2.45 **SPFL Highlights**
3.00 **EFL Highlights**
4.30 **Bundesliga Special: Midseason**
5.30 **Scottish Premiership Round-Up**
5.45 **SPFL Highlights**
6.00 **EFL Cup Highlights**
7.00 **LIVE EFL Cup** Coverage of a semi-final first-leg.
10.30 **Scottish Premiership Round-Up**
10.45 **SPFL Highlights**
11.00 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
12.30 AM **Championship Retro**
2.30 **EFL Trophy Football**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Moments from the Championship Play-Off Final**
5.30 **to 6.00** AM **Best Moments from the League 1 & 2 Play-Off Final (1993-2019)**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
8.00 **LIVE Test Cricket South Africa v Pakistan.** Coverage of day five of the second Test in the two-match series from Six Sun Grill Newlands in Cape Town.
4.30 PM **Big Bash League**
6.30 **Jimmy Anderson's Greatest Spells**
7.00 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
8.00 **Big Bash League** Highlights of Perth Scorchers v Melbourne Renegades at Optus Stadium.
9.00 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
10.00 **Big Bash League** Highlights Perth Scorchers v Melbourne Renegades at Optus Stadium.
11.00 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
12.00 M'T **Big Bash League** Another chance to see Perth Scorchers v Melbourne Renegades.
3.05 AM **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
4.00 **Jimmy Anderson's Greatest Spells**
4.45 **Blue for Bob** A Bob Willis tribute.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
9.00 **PGA Tour Golf** Highlights.
10.00 **Nick Dougherty's Tee Time Tips**
1.00 PM **PGA Tour Golf** Highlights.
2.00 **Nick Dougherty's Winter Tee Time Tips 2022** Expert advice.
3.00 **Nick Dougherty's Tee Time Tips**
5.00 **Secrets of Success**
6.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
7.00 **My Ryder Cup** Memories.
7.45 **Celebrity Kop Club**
8.00 **My Ryder Cup** Memories.
8.30 **Ryder Cup Memories**
10.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
11.00 **Nick Dougherty's Tee Time Tips**
2.00 AM **PGA Tour Golf**
3.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
12.00 NOON **Bitesize Tennis**
12.15 PM **US Open Classic Matches**
12.30 **Tennis** The United Cup final at Ken Rosewall Arena in Sydney.
2.30 **ATP Tennis** Hong Kong Open.
3.30 **Tennis** Highlights from the Brisbane International finals.
5.30 **WTA & ATP Tennis** Highlights.
9.30 **Bitesize Tennis** The 2024 ATP Terra Wortmann Open final.
9.45 **US Open Classic Matches** Monica Seles v Steffi Graf in 1995.
10.00 **Bitesize Tennis** Action from the 2024 ATP BOSS Open final.
10.15 **US Open Tennis** The 1981 final.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

TNT Sports 1

410 870 527 408 430

6.00 AM **LIVE Test Cricket Australia v India.** The fifth and final day of the fifth and final Test staged at Sydney Cricket Ground.
7.30 **TNT Sports Cricket Reload**
8.00 **Premier League Review**
9.00 **LIVE Isuzu UTE A-League Brisbane Roar v Newcastle Jets.** Kick-off **9.00am**.
11.00 **What I Wore** David De Gea.
11.15 **The Rugby Review**
12.00 NOON **Premier League**
2.00 PM **Test Cricket Highlights**
3.00 **Isuzu UTE A-League**
5.00 **Premier League Highlights**
8.45 **What I Wore** Michel Salgado.
9.00 **Sign Up – Into Football**
9.45 **The Rugby Review**
10.30 **Vendee Globe Highlights**
11.00 **Test Cricket Highlights**
12.00 M'T **NBA Tip-Off**
12.30 AM **LIVE NBA Dallas Mavericks v Los Angeles Lakers.** The Western Conference match from American Airlines Centre. Tip-off is at **12.30am**.
3.00 **LIVE NBA Denver Nuggets v Boston Celtics.** Coverage of the inter-conference match from Ball Arena. Tip-off is at **3.00am**.
5.30 **to 6.30** AM **Inside the NBA**

TNT Sports 2

411 871 528 409 431

6.00 AM **LIVE Women's T20 Super Smash Canterbury Magicians v Otago Sparks.** Coverage from Hagley Oval.
9.00 AM **T20 Cricket Highlights** New Zealand v Sri Lanka: The first T20 from Bay Oval in Tauranga. **10.00** New Zealand v Sri Lanka: Action from the second T20. **11.00** New Zealand v Sri Lanka: The final T20 in the series.
12.00 NOON **Serie A** Action from Fiorentina v Napoli. **1.00** PM AS Roma v Lazio.
2.00 **Fishing: On the Bank**
3.00 **World Seniors Darts Matchplay**
5.00 **World Seniors Darts Masters** A review of the 2024 tournament.
7.00 **Test Cricket Highlights** Australia v India: Action from the fifth and final day of the final Test in the series at Sydney Cricket Ground.
8.00 **Isuzu A-League Highlights** Action from the 11th and 12th rounds of fixtures.
8.30 **One Day International Cricket**
9.30 PM **to 6.30** AM **LIVE One Day International Cricket New Zealand v Sri Lanka.** Coverage of the second ODI in the three-match series from Seddon Park.

TNT Sports 3

417 874 529 410 432

6.00 AM **Isuzu UTE A-League** Macarthur FC v Adelaide United.
7.00 **LIVE Isuzu UTE A-League Melbourne City v Western United.** Coverage of the Australian top-flight match staged at AAMI Park in Melbourne. Kick-off **7.00am**.
9.00 **UEFA Champions League – Classics** Archive action.
6.00 PM **UEFA Champions League – Classics** Memorable matches from 2007 to 2011.
8.30 **Ally's Social Club** Ally McCoist interviews Sir Alex Ferguson.
9.00 **Serie A** Fiorentina v Napoli. **10.00** AS Roma v Lazio.
11.00 **Isuzu UTE A-League** Melbourne City v Western United. **12.00** M'T Highlights from Brisbane Roar v Newcastle Jets.
1.00 AM **UFC: VanZant v Waterson** A look back at the UFC event in Sacramento, California in 2016.
1.30 **UFC: Cruz v Faber**
2.15 **UFC: Bisping v Henderson II**
3.15 **UFC: Jedrzejczyk v Gadelha II**
4.15 **UFC Main Event**
5.15 **UEFA Champions League – Stories of the Finals**
5.30 **to 6.00** AM **Isuzu A-League**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 **NFL Weekly Review** Action from week 18 of the season.
4.00 **NFL Highlights** Minnesota Vikings v Chicago Bears. **5.00** Cincinnati Bengals v Washington Commanders.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **NFL Bitesize Highlights** Action from three week 18 matches. **8.45** Highlights from San Francisco 49ers v Detroit Lions.
9.00 **NFL Highlights** Action from week 18 matches.
11.00 **NFL Weekly Review** Action from week 18 of the season.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights** Action from a week 18 match.
2.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss the league's biggest stories.
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Big Bash League**
8.00 **Women's Big Bash League**
8.10 **LIVE Big Bash League Perth Scorchers v Melbourne Renegades.** Coverage of the T20 match at Optus Stadium.
11.30 **Big Bash League**
12.30 PM **Tennis** United Cup final.
2.30 **WTA Tennis** Highlights.
3.30 **PGA Tour Golf** Recent action.
4.30 **Nick Dougherty's Tee Time Tips**
5.00 **ATP Tennis** Hong Kong Open.
6.00 **WTA Tennis** Auckland Open.
7.00 **Big Bash League** Highlights of Brisbane Heat v Sydney Thunder. **8.00** Perth Scorchers v Melbourne Renegades.
9.00 **Fight Night International** Naya Inoue v TJ Doheny. **10.00** A chance to see Robson Conceicao v O'Shaquie Foster.
11.00 **Formula 1** Highlights.
12.00 M'T **Tennis** Recent action.
3.00 AM **Big Bash League**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 4

421 876 530 411 434

6.00 AM **West Indies v England – Cricket Classics** Highlights from Tests four to six in 1998.
12.30 PM **Formula E Flashback** A look back at a 2015 race at Battersea Park Street Circuit in London.
1.00 **NBA** A replay of Philadelphia 76ers v Phoenix Suns.
2.30 **NBA Originals** A look back at the 2001 Philadelphia 76ers.
4.00 **NBA** A replay of Philadelphia 76ers v Phoenix Suns.
5.30 **NBA Originals**
7.00 **NBA** A replay of Philadelphia 76ers v Phoenix Suns.
8.30 **NBA Originals** Slam dunks. **9.00** Portland Trail Blazers.
10.00 **NBA** A replay of Philadelphia 76ers v Phoenix Suns.
11.30 **Sport in Focus** The rivalry between Bath and Gloucester.
12.00 M'T **Gallagher Premiership Rugby Union** Recent action.
5.00 **to 6.00** AM **Allianz Premiership Women's Rugby**

Eurosport 1

413 870 521 412 435

6.00 AM **Ski Jumping** In Austria.
8.00 **Snooker: Masters Final 2020** Stuart Bingham v Ali Carter.
10.00 **Dakar Rally** From Saudi Arabia.
11.00 **Ski Jumping** From Austria.
1.00 PM **Masters Snooker**
3.00 **Cross-Country Skiing**
6.00 **Ski Jumping** From Austria.
8.00 **Dakar Rally** Highlights of stage three from Bisha to Al Henakiyah.
9.00 **Tennis: Australian Open Men's Final 2020** Action from Novak Djokovic v Dominic Thiem in the men's singles final in Melbourne.
10.30 **Tennis: Australian Open Women's Final 2020** Sofia Kenin v Garbine Muguruza in the women's singles final.
12.00 M'T **Alpine Skiing** The women's slalom in Kranjska Gora, Slovenia.
1.00 AM **Ski Jumping**
2.00 **Tennis: Australian Open Men's Final 2021** Djokovic v Medvedev.
3.30 **Australian Open Tennis**
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Snooker: Masters** Action from Ronnie O'Sullivan v Judd Trump in the 2019 final.
8.00 **Dakar Rally** In Saudi Arabia.
9.00 **Ski Jumping** From Austria.
11.00 **Masters Snooker 2014** Ronnie O'Sullivan v Mark Selby.
1.00 PM **Dakar Rally** The second part of stage two from Saudi Arabia.
2.00 **Cyclo-Cross** From Belgium.
3.00 **Tennis: Australian Open Men's Final 2020** Djokovic v Thiem.
4.30 **Tennis: Australian Open Women's Final 2020**
6.00 **Snooker: Masters Final 2019** Ronnie O'Sullivan v Judd Trump.
8.00 **Ski Jumping** Recent action.
11.00 **Dakar Rally** The third stage.
12.00 M'T **Cyclo-Cross** From Belgium.
1.00 AM **Olympic Games Paris 2024: Best of Team GB**
2.00 **Dakar Rally** The third stage.
3.00 **Alpine Skiing** From Slovenia.
4.00 **Ski Jumping** From Austria.
5.00 **to 6.00** AM **Cyclo-Cross**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
11.30 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Transfer Centre**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show**
7.30 **EFL Greatest Games**
7.35 **LIVE EFL Wycombe Wanderers v Huddersfield Town.** Coverage of the League One match staged at Adams Park. The teams last met at this venue in a Championship meeting in November 2020 when the teams drew 0-0, and this is expected to be close, with both sides battling for promotion. Kick-off **7.45pm**.
9.45 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the Tours.

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Graham Hill: World Champion** A profile.
12.30 PM **The F1 Wheelchair**
12.45 **72 Hours with Jack Doohan**
1.00 **Formula 1** Another chance to see the Saudi Arabian Grand Prix.
7.35 **Ayao Komatsu & Coventry City**
7.50 **F1 & the Silver Bullet**
8.05 **Who is Franco Colapinto?**
8.15 **The F1 Wheelchair**
8.30 **Formula 1** Another chance to see the Saudi Arabian Grand Prix.
10.35 **The Formula 1 Exhibition**
10.45 **72 Hours with Jack Doohan**
11.00 **Formula 1** From Saudi Arabia.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday

8 January

Evening Planner

Factual

Kirstie and Phil's Love It or List It
C4, 8pm
Phil Spencer and Kirstie Allsopp help a Chester couple with a property dilemma.

Documentary

Simon Schama's Story of Us
BBC2, 9pm
The historian looks at what binds British society, starting with our arts and culture.

Crime Drama

Grantchester
ITV1, 9pm (box set, ITVX)
As the period drama returns, Geordie (Robson Green, left) and Will (Tom Brittney) investigate a death at the circus.

Drama

Patience
C4, 9pm (box set, Channel 4)
Laura Fraser stars in this York-set drama as a detective who recruits a talented archivist into an investigation team.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 The Traitors		10.00 News; Local News	
102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Digging for Britain		9.00 Simon Schama's Story of Us		10.00 The Traitors...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Grantchester		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 Accused: The Fake Grooming Scandal	
105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 The Air Fryer Diet: Lose Weight Fast		9.00 Surgeons: A Matter of Life or Death		10.00 999: Emergency Call Out	
106 SKY SHOWCASE	7.00 Film: The Beatles: Eight Days a Week – The Touring Years				9.00 Film: Retribution			
ENTERTAINMENT								
115 BBC3		7.15 Top Gear		8.20 The Simple Life	9.00 Film: Wedding Crashers			
116 BBC4	7.00 Indian Hill Railways – Shimla		8.00 Winterwatch 1963: The Big Freeze		9.00 The Cambridgeshire Crucifixion		10.00 Kenneth Williams: Fantabulosa!	
118 ITV2	◂ 6.20 Film: Harry Potter and the Prisoner of Azkaban				9.00 Social Media Murders		10.00 Olivia Attwood: The Price of Perfection	
136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs				10.00 Emergency	
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Elsbeth		10.00 The Equalizer	
108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 Gangs of London		10.05 Succession	
110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	7.00 Heartbeat		8.00 Grace				10.00 The Bay	
120 ITV4	7.00 Gallagher Premiership Unleashed		8.00 The 1% Club		9.00 Film: Dr No			
112 COMEDY CENTRAL	7.00 Friends				9.00 Alan Carr: Yap, Yap, Yap!		10.00 Jimmy Carr: Being Funny	
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
113 SKY MAX	7.00 Stargate Universe		8.00 Rob Beckett's Smart TV	8.45 TV's Greatest Gameshows				
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Peter O'Toole: Along the Sky Road to Aqaba				10.00 The Life and Deaths of Christopher Lee	
132 U&W	7.00 DIY SOS: The Big Build		8.00 Inside the Ambulance		9.00 Pete Wicks: For Dogs' Sake		10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Jade Fever		10.00 Gold Rush: White Water	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Into the Shark Bite		9.00 Return to the Isle of Jaws		10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.					
123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 The Curse of Oak Island			
155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Canal Boat Diaries		9.00 Great Canal Journeys		10.00 Bangers & Cash	
121 SKY DOCS	7.00 Film: The Beatles: Eight Days a Week – The Touring Years				9.00 Elvis Presley: The Searcher			
FILMS – Sky Cinema								
301 PREMIERE	◂ 6.00 Godzilla x Kong: The New Empire		8.00 The Fall Guy					10.10 A Quiet Place: Day One
302 ICONS	◂ 5.35 Forrest Gump		8.00 Schindler's List					
303 HITS	◂ 5.35 Man of Steel		8.00 Justice League				10.00 Hancock	
304 GREATS	◂ 6.15 Gravity		8.00 Minority Report					10.30 I Am Legend
305 ANIMATION		7.10 Spider-Man: Across the Spider-Verse				9.35 The Nut Job		
306 FAMILY	◂ 5.50 Mr Bean's...	7.30 Beethoven's 2nd			9.10 Robo-Dog: Airborne			
307 STUNTS	◂ 5.45 Jack Reacher		8.00 Jack Reacher: Never Go Back					10.10 Bad Boys
308 COMEDY	◂ 6.15 Galaxy Quest		8.00 Dumb and Dumber To				9.55 The Brits Are Coming	
309 THRILLER	◂ 6.00 The Lesson		8.00 The Sum of All Fears				10.05 Oldboy	
310 DRAMA	◂ 6.00 Steel Magnolias		8.00 Philadelphia					10.20 The End of the Affair
311 SCI-FI	◂ 5.35 Ready Player One		8.00 Jaws					10.10 Ghost in the Shell
313 FILM4	◂ 6.55 The Day the Earth Stood Still				9.00 Mission: Impossible – Rogue Nation			
SPORT								
401 MAIN EVENT	7.00 EFL Cup – Live: Coverage of a semi-final first-leg match							10.30 Tennis – Live
402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL 100	8.00 PL Review		9.00 PL Stories	9.30 PL 100	10.00 PL Icons	
403 FOOTBALL	7.00 EFL Cup – Live: Coverage of a semi-final first-leg match							10.30 EFL Cup...
404 CRICKET	7.00 Test Cricket							
410 TNT SPORTS 1	◂ 6.30 Test Cricket Highlights			8.30 PL Netbusters	9.00 Ultimate Pool			10.30 Vendee Globe...
411 TNT SPORTS 2	7.00 Serie A – Full...	7.30 Back into the Sunshine				9.30 Isuzu UTE A-League		10.30 One Day...

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition The team look for lost graduation pictures. (S)(AD)
2.30 **Animal Park** (S)(R)
3.00 **I Escaped to the Country** (S)(R)
3.45 **The Bidding Room** New edition Items include a toy horse. (S)
4.30 **The Travelling Auctioneers** New edition Some Chinese collectibles go up for auction. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Traitors

7 PM

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **EastEnders** The Mitchells make a worrying discovery, some residents try to conceal a secret, and Denise misreads a situation. (S)(AD)

8 PM

8.00 NEW SERIES **The Repair Shop** 1/25. Experts attempt to repair a Syrian rocking horse, a bell owned by a female town crier, an ice-cream trailer bought second-hand in the 1990s and a pocket dictionary. (S)(AD)

9 PM

9.00 **The Traitors** New edition 4/12. Suspicion continues to mount amongst the Faithful, and the mission rattles a few cages. (S)(AD)
■ Continues tomorrow.
The Traitors: Uncloaked follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **The Shallows** Thriller starring Blake Lively and Oscar Jaenada. A surfer strays into the hunting territory of a great white shark and faces a life-or-death struggle to get back to shore. (S) (2016, 15, 80min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T **Pointless Celebrities** Star-studded version of the general knowledge quiz, with Ugo Monye, Sarah Hunter, Beth Tweddle, Vanessa Bauer, Will Bayley, Anita Asante, Ellie Robinson and Jack Laugher. (S)(R)
12.50 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **I Escaped to the Country** Relocations to Somerset. (S)(R)(AD)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** Jennie Bond and Simon McCoy head to Devon. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **The Great British Year** (S)(R)(AD)
4.15 **Who Do You Think You Are?** With Mark Wright. (S)(R)(AD)
5.15 **Flog It!** From the RAF Museum in Cosford, Shropshire. (S)(R)
6.00 **Richard Osman's House of Games** New edition (S)
6.30 **Joanna Page's Wild Life** New edition 3/15. A fledgling magpie has a broken leg. (S)

7.00 Celebrity Antiques Road Trip

7.00 **Celebrity Antiques Road Trip** New edition Experts Margie Cooper and Ishy Khan are joined by 1990s *Gladiators* Diane 'Jet' Youdale and James 'Hunter' Crossley to shop for antiques around Lancashire. (S)

8.00 **Digging for Britain** New edition 2/6. This edition features a story in Oxfordshire in which a quarryman made the chance discovery of a set of very large footprints. (S)(AD)
■ Continues tomorrow

9.00 NEW SERIES **Simon Schama's Story of Us** 1/3. The historian explores the threads that bind the population of Britain together, as well as the culture wars that have left British society fragmented and mistrustful. (S)(AD)

10.00 **The Traitors: Uncloaked** New edition 4/12. Ed Gamble and his guests discuss the latest developments. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **7/7: The London Bombings** 2/4. Scene of crime investigators pick through the wreckage at the sites of the explosions. (S)(R)(AD)
12.05 AM **Sign Zone: The Traitors** (S)(R)
1.05 **Sign Zone: SAS Rogue Heroes** 2/6. David Stirling receives an unexpected visitor. (S2) (S)(R)(AD)
2.05 **Sign Zone: Antiques Roadshow at Christmas** A look back at memorable items. (S)(R)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Jeff Brazier and Scarlett Moffatt. (S)
3.00 **Lingo** New edition Two best friends and a pair of housemates compete in the word game. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Alex M takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

5.00 The Chase

7.30 **Emmerdale** Sarah feels ostracised, Marlon sends a message, and someone reaches rock bottom. (S)(AD)

8.00 **Coronation Street** Mason's stabbing is the talk of Weatherfield, Betsy admits to Lisa her part in the factory burglary, Bobby offers Carla a kidney, and Joseph hands himself in to the police. (S)(AD)

9.00 NEW SERIES **Grantchester** 1/8. Return of the crime drama. When the circus comes to town, Will and Geordie investigate after one of the performers is found dead. *See feature, page 12.* (S9) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Casino Royale** James Bond spoof starring David Niven, Peter Sellers, Woody Allen and Ursula Andress. Bond passes on his 'licence to kill' to his inept nephew. (S) (AD) (1967, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Gallagher Premiership Unleashed** Action from the 10th round of matches, featuring Newcastle Falcons v Harlequins, Gloucester v Sale Sharks and Saracens v Bristol Bears. (S)(R)
1.25 **Teleshopping**
3.00 **Lingo** Game show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 15-17/26. (S8) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 1-4/24. (S10) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** A country club and golf restaurant in New Jersey. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A new home on Spain's Costa Blanca. (S)(R)
4.00 **A New Life in the Sun** New edition Rachel and her brother finally open their ranch in Spain for paying guests. (S)
5.00 **Junior Bake Off** New edition The young bakers take on the challenges of Bread Day. (S)(AD)
6.00 **A Place in the Sun** New edition Ben Hillman helps a couple to find a property in Almería, Spain. (S)

8.00 Kirstie and Phil's Love It or...

7.00 **News** (S)

8.00 NEW SERIES **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help Carl and Katy decide whether to renovate or sell their three-bedroom Victorian semi-detached home in Chester. (S)(AD)

9.00 NEW SERIES **Patience** *Paper Mountain Girl – Part One:* 1/6. Crime drama starring Ella Maisy Purvis as a young autistic woman and self-taught criminologist. With Laura Fraser. *See feature, page 6.* (S1) (S)(AD)
■ Continues tomorrow

10.00 **Accused: The Fake Grooming Scandal** Series finale 3/3. Two years after the post accusing several men of trafficking and rape, Ellie Williams stands trial for nine counts of perverting the course of justice. (S)(AD)
11.05 **24 Hours in Police Custody: Breakout** Documentary. (S)(R)
12.05 AM **Celebrity Hunted** (S)(SL)(R)
1.00 FILM **Rules Don't Apply** Fact-based drama starring Warren Beatty and Lily Collins. (S)(SL) (2016, 12, 130min) ★★★★
3.10 **The Great New Year Bake Off 2024/25** (S)(SL)(R)(AD)
4.20 **Sunday Brunch Best Bits** (S)(R)
4.30 **Frasier** 20-22/24. (S7) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S7) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 NEW **An Aurora Teagarden Mystery: Caught in the Act** Whodunit starring Candace Cameron Bure. (S)
4.00 **Bargain-Loving Brits in the Sun** New edition Elvis impersonator Kenny takes his partner Sue for a day out at the Fuengirola Bioparc. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)

8.00 Air Fryer Diet: Lose Weight...

7.00 **GPs: Behind Closed Doors** In Peterborough, the surgery is visited by a patient having dizzy spells and a woman who is concerned about a lump on her finger. (S)(R)
7.55 **News** (S)
8.00 NEW SERIES **Air Fryer Diet: Lose Weight Fast** Cherry Healey compares and contrasts popular meals and treats with the air fryer versions, while nutritionist Jenny Tschiesche counts the calories. (S)
9.00 NEW SERIES **Surgeons: A Matter of Life or Death** Return of the medical series. A 45-year-old man has a massive aneurysm just above his heart and cardiac surgeon Jorge Mascaro is hopeful he can salvage the valve. (S)
10.00 **999: Emergency Call Out** A driver who has crashed into another car passes a breath test but his behaviour is a cause for concern, and in Kent, a lorry crashes into a railway bridge and the driver runs off. (S)(R)
11.05 **Ambulance: Code Red** (S)(R)
12.05 AM **Motorway Cops: Catching America's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)(AD)
3.50 **Britain's Greatest Bridges** (R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 2/13. (S4) (S)(R)
5.00 **The Simpsons** *The President Wore Pearls:* Lisa is elected as student president. (S)(R) **5.30** *Hostile Kirk Place:* Kirk goes on a crusade to censor the school curriculum. (S)(R)
6.00 **The Office (US)** 25/28. The Michael Scott Paper Company's low prices hit profits. (S)(R) **6.30** 26/28. Staff members take liberties with their casual Friday attire. (S5) (S)(R)

9.00 Retribution

7.00 FILM **The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the brief but successful period pop band The Beatles spent on the road. Contributors include Paul McCartney, Ringo Starr, Elvis Costello, Richard Curtis, Whoopi Goldberg, Eddie Izzard, Howard Goodall and Malcolm Gladwell. (S)(AD) (2016, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 FILM **Retribution** Action thriller starring Liam Neeson. While driving his kids to school, a businessman learns that his vehicle is rigged with explosives. With Noma Dumezweni, Lilly Aspell and Jack Champion. (2023, 12, 91min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **Never Mind the Buzzcocks** With Alex James, Julian Clary, Sister Bliss and stand-in captain Mel B. (S)(R)(AD)
12.00 M'T **The Force: Manchester** (R)
1.00 AM **Brit Cops: Frontline Crime UK** Documentary. (S)(R)
2.00 **Road Wars** Vehicle crime. (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
2.30pm Politics Scotland (S) **3.15-3.45** Animal Park (S)(R)(AD) **10.40** Sportscene: Premiership Highlights (S) **11.10** FILM The Shallows (S) (2016, 15, 80min) ★★★★ **12.30am** Pointless Celebrities (S)(R) **1.20** Weather for the Week Ahead (S) **1.25-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm NEW SERIES Video Nasty (S) **11.10** Video Nasty New episode (S) **11.40** FILM The Shallows: As Scotland. **1.00-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno **1.00** Codi Hwyl **1.30** Y Ci Perffaith **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwladfa: Gwilym Bowen Rhys **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** NEW SERIES Colleen Ramsey: Bywyd a Bwyd **8.55** Newyddion a'r Tywydd **9.00** Amour a Mynydd New edition **10.00** Llofruddiaeth Bwa Croes **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Zen Motoring** Former battle rapper Ogmios gives a guide to being a zen driver.
7.15 **Top Gear** Jeremy and James go on an adventure to rescue Richard from a remote area of Canada.
8.15 **The Catch Up**
8.20 **The Simple Life** The duo return to Los Angeles. **8.40** Extra footage of the socialites' country antics.
9.00 FILM **Wedding Crashers** Romantic comedy starring Vince Vaughn and Owen Wilson as a pair of scheming lawyers who spend their lives gatecrashing weddings. With Christopher Walken, Isla Fisher and Rachel McAdams. (2005, 15, 119min) ★★★★
10.50 **Starstruck** 1&2/6. Sitcom starring Rose Matafeo. (S2)
11.35 **Kidnapped: The Chloe Ayling Story** Double bill.
12.35 AM **Brickies**
1.35 **Top Gear**
2.35 **Drugs Map of Britain**
3.05 **Starstruck**
3.50 **to 4.00** AM **Press X on the BBC**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Indian Hill Railways – Shimla** 3/3. Following workers at Shimla, once the summer capital of the Raj.
8.00 **Winterwatch 1963: The Big Freeze** An archive BBC documentary about the worst British winter of the 20th century.
9.00 **The Cambridgeshire Crucifixion** The story of the discovery of evidence of a Roman crucifixion in the Cambridgeshire Fens.
10.00 **Kenneth Williams: Fantabulosa!** Drama based on Kenneth Williams' diaries, charting the comic actor's professional life and personal problems. Stars Michael Sheen.
11.20 **Kenneth Williams: Talking Comedy** Kenneth Williams's funniest appearances on talk shows.
11.50 **Parkinson** With George Best and Kenneth Williams.
1.15 AM **Indian Hill Railways – Shimla** As 7.00pm.
2.15 **to 3.15** AM **Lost Home Movies of Nazi Germany**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Suffolk.
3.10 **Four in a Bed** Five editions, of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1992 Saab 900 Turbo. **6.55** Tim and Fuzz attempt to restore a 1993 Toyota Supra Mk4 owned by a former motorcycle racer.
7.55 **Grand Designs** A couple plan to create a hybrid structure by slotting in an entirely new home within the walls of a 200-year-old former blacking mill in Cumbria. **9.00** A couple from Leeds set out to transform a former coastguard station in East Yorkshire into a home.
10.00 **Emergency** Surgeons use bone hooks and levers to try pull a paratrooper's pelvis out of his spinal canal, and a patient has surgery after a vicious dog attack.
11.05 **24 Hours in A&E** A cyclist severely damages his ankle after coming off his bike.
12.10 AM **Emergency Helicopter Medics**
1.15 **Emergency**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine** (S3)
9.00 **Young Sheldon** (S7)
10.00 **The Big Bang Theory**
11.00 **Modern Family** (S6)
12.00 NOON **The Big Bang Theory** 5-8/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family** (S6)
4.00 **Young Sheldon** (S7&1)
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Guess Who's Coming to Criticise Dinner.*
7.00 **Hollyoaks** The women stand together in The Dog.
7.30 **Modern Family** 16/22. Phil tells Luke he recently attended a prenatal class with Haley. (S10)
8.00 **The Simpsons** *The Book Job:* Homer becomes an author of children's books. **8.30** *The Man in the Blue Flannel Pants:* Homer is promoted to accounts manager at the power plant.
9.00 **Celebrity Gogglebox** Famous faces appraise *Love Island* and *The Chase.*
10.00 **Gogglebox** *I'm a Celebrity...* and *The Crown* are appraised.
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Celebrity Gogglebox**
2.15 **Gogglebox**
3.10 **First Dates**
4.05 **Teen First Dates**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 2/22. (S6)
12.00 NOON **FBI** 2/22. (S5)
1.00 PM **FBI: International** 2/22. The Fly Team try to bring a local predator to justice. (S2)
2.00 **FBI: Most Wanted** 2/22. Rookie agent Ray Cannon joins the Fugitive Task Force. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**

9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Double Blind:* 5/22. The team suspect a mother is hiding the truth as they rescue a kidnapped child. (S5)

9 PM
9.00 **Elsbeth** *Pilot:* 1/10. Crime drama with Carrie Preston reprising her role as the lawyer-turned-detective from *The Good Wife*. (S1)

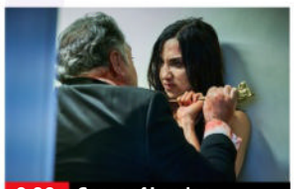
10 PM
10.00 **The Equalizer** *Lifeline:* 8/10. McCall receives a call for help from the daughter of her deceased CIA mentor. (S1)
11.00 **The Rookie** 11/20. The vice president visits the station. (S1)
12.00 M'T **Chicago Fire** 3/13. (S12)
1.00 AM **Chicago PD** 1/13. (S11)
2.00 **Chicago Med** 2/13. (S9)
3.00 **Bull** 3/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Highway Patrol**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** 10&11/13. (S3)
10.05 **Billions** 5&6/12. (S1)
12.10 PM **Game of Thrones** (S1)
1.15 **Boardwalk Empire** 3/12. Nucky has some reservations. **2.20** 4/12. Rothstein agrees to bankroll Nucky's deal. (S4)
3.25 **The Sopranos** 10/13. Bacala dons Pussy's old Santa suit. **4.30** 11/13. Christopher and Paulie endure a journey. (S3)
5.40 **Billions** 5/12. Chuck makes a surprising arrest. (S1)


9.00 Gangs of London

7 PM
6.50 **Billions** *The Deal:* 6/12. Axe works on his defence against the public attack on his company. (S1)
7.55 **Game of Thrones** *Lord Snow:* 3/10. A weary Ned struggles to deal with the politics of the king's court. (S1)

8 PM

9 PM
9.00 **Gangs of London** 6/8. Lale comes face to face with Asif and enters into a dangerous game of cat and mouse. (S2)

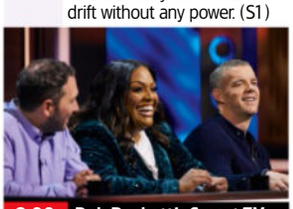
10 PM
10.05 **Succession** *Celebration:* 1/10. Media magnate Logan Roy shocks his family with a stunning announcement. (S1)
11.15 **Succession** 2/10. Greg retrieves some important items from the Roy apartment. (S1)
12.25 AM **Big Little Lies** 2/7. (S2)
1.30 **Game of Thrones** As 7.55pm.
2.40 **Gomorrah** 7/12. (S2)
3.50 **In Treatment** 1/43. (S1)
4.45 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 2&3/18. (S4)
8.00 **Supergirl** 18/19. (S5)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 1/20. (S6)
1.00 PM **S.W.A.T.** 4&5/18. (S4)
3.00 **Magnum P.I.** 12/20. (S5)
4.00 **MacGyver** 2/13. (S4)
5.00 **DC's Legends of Tomorrow** 11/15. The team are transported to a cosmic bowling alley. (S6)
6.00 **Stargate Universe** 5/20. The crew decide to abandon ship as the *Destiny* continues to drift without any power. (S1)


8.00 Rob Beckett's Smart TV

7 PM
7.00 **Stargate Universe** *Water:* 6/20. The crew are forced to search a dangerous planet for a new supply. (S1)

8 PM
8.00 **Rob Beckett's Smart TV** 1/8. Comedy panel show with Jon Richardson, Russell Tovey, Stacey Dooley and Jamie Laing.

9 PM
8.45 **TV's Greatest Gameshows** Roy Walker is joined by celebs and past competitors to explore what makes game shows great.

10 PM
10.45 **Never Mind the Buzzcocks** With Mel B, Alex James, Julian Clary and Sister Bliss.
11.50 **Banshee** 7/8. Things get even more tense between Calvin and Proctor. (S4)
12.55 AM **Strike Back: Vengeance**
2.00 NEW SERIES **A League of Their Own** With Tyson Fury, Maya Jama and Rob Beckett.
3.00 **Magnum P.I.** 12/20. (S5)
4.00 **MacGyver** 2/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 11/23. (S6)
3.55 **Gilmore Girls** 9/22. (S3)
4.50 **Dinner Date**
5.50 **In for a Penny**
6.20 FILM **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★★★

5.50 In For a Penny

7 PM
FILM **Harry Potter and the Prisoner of Azkaban** (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **Social Media Murders** New edition Exposing the chilling plot carried out by the killers of 13-year-old Olly Stephens.

10 PM
10.00 **Olivia Attwood: The Price of Perfection** 3/5. Olivia looks into the popularity of bottoms in cosmetic procedures.
11.00 **Family Guy** 2/20. (S20) **11.35** 15/22. Animation. (S3)
12.05 AM **American Dad!** (S16)
1.00 **Bob's Burgers** 12&13/22. (S7)
2.05 **The Emily Atack Show**
2.45 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat**
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** 4/5. A local gigolo is murdered – sending Jack in to the world of male escorts and their clientele.
6.00 **Heartbeat** *A Shot in the Dark:* Jackie fights for justice on behalf of a trespasser shot on Lord Ashfordly's land.

8.00 Grace

7 PM
7.00 **Heartbeat** *The Good Doctor:* Maggie falls for a handsome new locum, while Andy's bravery reconciles him with Gina.

8 PM
8.00 **Grace** *Dead Simple:* Detective Superintendent Roy Grace's career is at rock bottom and is in the last chance saloon running enquiries into long-forgotten cases with little prospect of success.

9 PM

10 PM
10.00 **The Bay** 6/6. When a link to another piece of evidence is brought to light, the investigation finally falls into place. (S4)
11.00 **Wire in the Blood** *Right to Silence:* Carol Jordan suspects a jailed gangster is the mastermind behind a murder.
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Repair Shop on the Road** From the Scottish Boat Building School.
8.15 **Money for Nothing** Sarah Moore explores Wallyford Recycling Centre in East Lothian.
9.00 **Salmond & Sturgeon: A Troubled Union** 2/2. The impact of complaints of sexual misconduct against Alex Salmond.
10.00 **Pitch Invasion: How the Scottish and Irish Changed Football** 1/3. The impact of players and managers from Scotland and Ireland on the English game.
11.00 **The Trials That Shocked Scotland** 1/6. A man accused of the murder of a well-known gangland figure.
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 1&2/10. (S2)
9.15 **The Conners** (S1)
10.05 **Silicon Valley** (S1)
11.20 **Barry** 5&6/8. (S1)
12.30 PM **Entourage** (S3)
1.45 **Silicon Valley** (S1)
3.05 **Barry** 5&6/8. (S1)
4.30 **Ballers** 1&2/10. (S2)
5.50 **The Office (US)** (S5)
6.50 **The Conners** (S1)
7.50 **Ballers** 5/10. Ricky tries to patch things up. **8.25** 6/10. Joe tries to reach an agreement with Vernon's blackmailer. (S1)
9.00 **Entourage** 1/12. Drama rekindles his virtual relationship. **9.35** 2/12. Drama remains in contact with Jacqueline. (S5)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.10 **Alex Edelman: Just For Us** Stand-up comedy.
12.55 AM **Sex and the City**
2.15 **Barry** 5&6/8. (S1)
3.30 **to 5.00** AM **The Righteous Gemstones**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Nutcracker: Backstage with English National Ballet**
7.45 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist of the Year 2019: The Winner's Story**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture**
3.00 **Discovering: Matthew Broderick**
4.00 **The Great Songwriters**
5.00 **Landscape Artist of the Year 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Peter O'Toole: Along the Sky Road to Aqaba**
10.00 **The Life and Deaths of Christopher Lee**
12.05 AM **The Pilgrimage of Gilbert & George**
2.05 **Ai Weiwei: The Artivist**
3.20 **Art's Wildest Movement**
4.35 **Discovering: Eagles**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 3/26. (S6)
5.00 **Atlantis** 3/13. (S2)
6.00 **Star Trek: Deep Space Nine** 23/26. (S6)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** *Makaukau 'oe e Pa'ani? (Ready to Play?):* 1/25. A vigilante murders two serial killers. (S7)
9.00 **The Rookie** (S1)
11.00 **Killer in My Village**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Made in Italy**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition DIY series.
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Made in Italy**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **Botched by Nature**
10.00 **Botched** Medical series.
11.00 **Totally Unbelievable**
12.00 M'T **Only Way Is Essex**
1.00 AM **Buying the View**
1.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Hart to Hart** 6/23. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 3/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 12–15/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *The Man from Nowhere:* 15/26. Jeannie meets a man claiming to be Marty's reincarnation. (S1)
10.00 **The New Avengers** *The Midas Touch:* 4/13. The agents come up against a man who carries deadly diseases. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.10 **The Professionals**
8.20 **The Protectors**
8.50 **Magnum, PI**
9.55 **Kojak**
10.55 **BattleBots**
12.00 NOON **The Adventures of Sherlock Holmes**
1.10 PM **Magnum, PI**
2.15 **Kojak**
3.20 **Minder**
4.25 **The Professionals**
5.25 **BattleBots** New edition
6.25 **Ligue 1 Highlights**

9.00 Dr No

7.00 Gallagher Premiership Unleashed Featuring highlights of Newcastle Falcons v Harlequins and Gloucester v Sale Sharks.

8.00 The 1% Club Quiz hosted by Lee Mack in which 100 contestants in every show have a chance of winning £100,000.

9.00 FILM Dr No James Bond adventure starring Sean Connery as 007. Bond goes to Jamaica to investigate the mysterious death of a fellow agent. With Ursula Andress and Joseph Wiseman. (1962, PG, 111 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **River Monsters**
11.45 **EFL Cup Highlights**
12.15 AM **Wrestling: AEW Collision**
2.10 **Auto Mundial**
2.35 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 16/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 9/26. (S5)
2.00 **Warehouse 13** 3/13. (S1)
3.00 **Stargate SG-1** 18/22. (S7)
4.00 **Star Trek: Voyager** 8/16. (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 16/22. Q throws the *Enterprise* crew members into the path of the Borg. (S2)

7.00 Warehouse 13

7.00 Warehouse 13 *Resonance:* 3/13. Pete and Myka pursue bank robbers who use a song as their weapon. (S1)

8.00 Stargate SG-1 *Heroes – Part Two:* 18/22. An off-world mission has a tragic conclusion when a familiar face is shot. (S7)

9.00 The Walking Dead *Tell It to the Frogs:* 3/6. Rick returns to Atlanta to retrieve a bag of guns and save a man's life. (S1)

10.00 Grimm *Beeware:* 3/22. A female lawyer dies after being forcibly injected with an overdose of bee venom. (S1)

11.00 **FILM Arctic Armageddon** Sci-fi thriller starring Patrick Labyorteaux and Joe Finfera. (2023, 12, 86min) ★★
1.00 AM **FILM Zodiac: Signs of the Apocalypse** Sci-fi disaster movie starring Christopher Lloyd. (2014, PG, 90min) ★
3.00 **Spawn** 1&2/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 4/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S5)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 4/16. Charlie and Rex head into the woods to track down a missing photographer. (S2)
6.00 **Father Brown** *The Cat of Mastigatus:* A girl is left for dead at a boys' school fete.

9.00 Death in Paradise

7.00 The Mentalist *Bloodstream:* 17/24. Hospital staff are accused of malpractice after a doctor is killed. (S3)

8.00 White Collar *Point Blank:* 9/16. Neal orchestrates an elaborate scam to bring himself face to face with Kate's murderer. (S2)

9.00 Death in Paradise *Murdering Lyrical:* 7/9. A reggae rap artist is shot dead at a soundcheck for a concert. (S11)

10.00 Father Brown *The Flower and the Fairway:* A body is discovered on a newly opened golf course.

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Hudson & Rex** As 5.00pm.
2.00 **Murdoch Mysteries** 12/13. A hockey team captain's body is found in the locker room. (S5)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

6.00 Are You Being Served?

7.20 Dad's Army Walker is accused of being a fifth columnist for smuggling Italian PoWs out of camp.

8.00 dinnerladies Bren's mother incurs Stan's wrath and wreaks havoc.

8.40 Miranda Penny urges Miranda to improve her career prospects.

9.20 Gavin & Stacey The couple announce their engagement, and the families unite for a party.

10.00 The Royle Family Denise has a hangover, but claims it is migraine brought on by stress.

10.35 dinnerladies As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.10 **Miranda** As 8.40pm.
1.50 **Gavin & Stacey** As 9.20pm.
2.30 **The Royle Family**
3.00 **Last of the Summer Wine**
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers: Best Of** Double bill.
2.00 PM **Speed with Guy Martin**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** The duo go sea-fishing during a monsoon.
6.00 **Rick Stein's Cornwall** The chef champions the food and history of the county.
6.30 The best Gouda cheese.

10.00 Have I Got a Bit More...

7.00 QI With guest panellists David Mitchell, Dara O Briain and Phill Jupitus.

7.40 Richard Osman's House of Games Participants include Laura Whitmore and Mark Watson.
8.20 With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.

9.00 QI XL Host Sandi Toksvig goes to university with panellists Guz Khan, Joe Lycett, Alan Davies and Morgana Robinson.

10.00 Have I Got a Bit More News for You Richard Ayoade hosts the satirical quiz, with Isabel Hardman and Andy Hamilton.

11.00 **8 Out of 10 Cats** With Ellie Taylor and Richard Osman.
11.50 **Mock the Week**
1.10 AM **QI** As 7.00pm.
1.50 **Survivor South Africa**
2.50 **Release the Hounds**
3.35 **to 4.00** AM **Travel Man: 48 Hours in Miami**

+1 hour 211/212 327 74

Wednesday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** (S7)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **A Place in the Sun**
7.45 **The Great New Year Bake Off 2024/25** Familiar faces battle it out in a seasonal special.
9.00 **The Great Pottery Throw Down** Twelve more potters to take up the pottery challenge.
10.15 **8 Out of 10 Cats Does Countdown** With Sarah Millican, Alan Carr, Josh Widdicombe and Thanyia Moore.
11.20 **Gogglebox Festive Special** The armchair critics review 2024's Christmas programming.
12.55 AM **The Big Fat Quiz of Everything**
2.55 **24 Hours in Police Custody: Breakout**
3.55 **to 5.00** AM **Patience**

5USA

141/169 120/162 21 129

9.00 AM **NCIS: Hawaii** (S1)
12.00 NOON **Law & Order: Criminal Intent** (S1)
3.00 PM **Law & Order**
6.00 **NCIS** *Cloak:* 8/25. Gibbs sends DiNozzo and Ziva on a decoy mission to find secret information.
7.00 *Dagger:* 9/25. The team attempt to stop a criminal stealing government secrets.
8.00 *Road Kill:* 10/25. A petty officer is killed in what at first seems to be a road-rage incident. (S6)
9.00 **Criminal Minds** *Breath Play:* 17/23. The BAU joins the hunt for a serial killer who has developed a deadly obsession with a best-selling novel. (S10)
10.00 **Law & Order: Special Victims Unit** (S11&24)
2.50 AM **Blue Bloods** (S6)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **Sleeping with My Murderer** Anthony Lowe.
10.00 **FILM Outbreak** Thriller with Dustin Hoffman. (1995, 15, 128min) ★★★
12.40 AM **Making a Serial Killer** William Reece.
1.40 **GPs: Behind Closed Doors** Medical series.
2.35 **Casualty 24/7: Every Second Counts**
3.25 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.10 **Traffic Cops**
11.10 **FILM One-Eyed Jacks** Psychological Western. (1961, PG, 141 min) ★★★
2.15 PM **FILM The Great Missouri Raid** Western starring Wendell Corey. (1950, PG, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** A car has broken down and a constable is called in to support Highways.
10.00 **Police: Night Shift 999** Police officers are called to a potentially fatal road traffic incident.
11.05 **FILM Hurricane** World War Two drama with Iwan Rheon. (2018, 15, 107min) ★★★
1.15 AM **Police Interceptors**
2.15 **to 4.00** AM **Trucking Heavy**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance: Coast and Country** Documentary.
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Inside the Ambulance** The paramedics help a lorry driver with a branch through his windscreen.
9.00 **Pete Wicks: For Dogs' Sake** The *TOWIE* star immerses himself in the emotional world of dog care at Basildon's Dogs Trust rehoming centre.
10.00 **999 Rescue Squad** A worker is trapped in a collapsed trench.
11.00 **Aaron Hernandez Uncovered**
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.05 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 4/6. (S2)
9.00 **The Alienist** New episode *Many Sainted Men:* 7/10. Moore and Kreizler follow a lead, Sara visits a hospital and confronts her past, while detectives Marcus and Lucius Isaacson work on a clue. (S1)
10.00 **New Tricks**
11.20 **Bergerac**
12.20 AM **Atlantic Crossing**
2.45 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** Property series.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Antiques Road Trip** With Jamali Maddix and Bobby Mair.
8.00 **Antiques Road Trip**
9.00 NEW SERIES **Body Bizarre** The stories of people who suffer from rare medical conditions.
10.00 **Body Bizarre** Ylena's neck painfully dislocates after a slight movement.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Bob's Full House**
11.40 **Bruce Forsyth's Generation Game**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Bob's Full House** Bingo-based game.
6.40 **Bruce Forsyth's Generation Game** Classic game show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A team of family and friends from Middlesbrough compete.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **War Machines**
9.10 FILM **The Last Blitzkrieg** World War Two drama. (1959, b/w, 12, 84min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Mackenna's Gold** Western adventure. (1968, 15, 136min) ★★★
3.40 FILM **The Quick & the Dead** Western. (1987, PG, 94min) ★★★
5.50 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S5)
9.00 FILM **Attack Force** Crime action thriller starring Steven Seagal. (2006, 15, 90min) ★
11.00 FILM **Stratton** Thriller. (2017, 15, 94min) ★★
1.00 AM FILM **End of the World** Disaster movie. (2018, PG, 88min) ★★
2.50 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Killer in Law** Thriller. (2019, PG) ★★
11.00 FILM **Deadliest Switch** Drama. (2020, PG) ★★
1.00 PM FILM **Fatal Flatline** Drama. (2020, PG) ★★
2.55 FILM **The Rachels** Drama. (2017, PG) ★★
5.00 FILM **Manny Dearest** Thriller with Ashley Scott. (2017, PG, 85min) ★★
7.05 FILM **End of the World** Disaster movie. (2018, PG, 88min) ★★
9.00 FILM **The Mummy** Drama with Tom Cruise. (2017, 15, 110min) ★★★
11.15 FILM **Bronson** Drama with Tom Hardy. (2009, 18, 92min) ★★★
1.15 AM FILM **Lost Letter Mysteries: From Paris with Love** Crime drama. (2015, PG, 95min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **The House on the Hill** Thriller. (2019, 12) ★★

+1 hour 322

GREAT! romance

319 424 52

8.00 AM FILM **A Vineyard Romance** Drama. (2021, PG, 86min) ★★
10.00 FILM **Love's Last Resort** Drama. (2017, PG) ★★
11.55 FILM **40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
2.00 PM FILM **Welcome to Valentine** Drama. (2023, PG, 85min) ★★
4.05 FILM **All of My Heart** Drama. (2015, PG) ★★
6.00 FILM **All of My Heart: Inn Love** Romance. (2017, PG, 90min) ★★
8.00 FILM **Love Strikes Twice** Fantasy adventure. (2021, PG, 84min) ★★
10.00 FILM **This Little Love of Mine** Romantic drama. (2021, U, 91min) ★★
12.00 M'T FILM **After the Storm** (2019, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **An Hour Behind** Comedy. (2017, PG, 90min) ★★

+1 hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn and His Friends**
9.00 **Space 1999** 2/24. (S1)
10.00 **Bewitched** 33/36. (S1)
10.30 **Watching** 6/6. (S3)
11.00 **A Fine Romance** (S1)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Dick Turpin** (S3)
1.00 PM **Department S** (S2)
2.00 **The Blue and the Gray**
4.30 **Classix Nouveaux**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 6/6. (S3)
6.00 **Bewitched** 33/36. (S1)
6.30 **Married... With Children**
7.00 **Fantasy Island** (S1)
8.00 **Dick Turpin** 1&2/5. (S3)
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **The Blue and the Gray**
1.30 AM **Whose Line Is It Anyway?** Comedy.
2.00 **Monkey** 21/26. (S1)
3.00 **Classix Nouveaux**
3.30 **That's My Dog**
4.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters** Double bill.
3.00 **Yukon Gold**
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Josh and Casey risk a trek to the Russian line. **8.00** The winter season strikes the fleet with brutal Storm Elsa.
9.00 **Building Off the Grid** A family are building a luxury glamping escape in the Texas Hill Country. **10.00** A watchtower guest house in the Blue Ridge Mountains.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin: Delicious** Double bill.
7.00 **The Pioneer Woman**
9.00 **My Greatest Dishes**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin: Delicious**
2.30 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **My Greatest Dishes**
7.00 **Great British Bake Off**
8.00 **Adam Richman Eats Football** From Brighton.
8.30 **Adam Richman Eats Britain** From Eton.
9.00 **James Martin's Islands to Highlands**
10.00 **James Martin: Delicious**
10.30 **James Martin's United Cakes of America**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 25/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 13/22. (S2)
11.00 FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
12.45 PM FILM **Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
3.05 FILM **The 39 Steps** Espionage adventure. (1959, U, 93min) ★★★
5.00 **Star Trek** 19/24. (S3)
6.00 **T.J. Hooker** 14/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Out of Sight** Romantic thriller. (1998, 15, 122min) ★★★★
11.20 FILM **The Resident** Horror with Hilary Swank. (2011, 15, 91min) ★★
1.10 AM FILM **Hidden Agenda** Action thriller. (2001, 18, 91min) ★★
3.05 **to 4.50** AM FILM **Demon Eye** Horror. (2019, 15, 87min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Blood Beast Terror** As 5.00pm.
8.00 FILM **The Gambler III: The Legend Continues**
10.00 **Andromeda** 17/22. (S5)
11.00 FILM **Monster Hunters** Disaster thriller. (2020, 15, 88min) ★
1.00 PM FILM **The Gambler III: The Legend Continues** Western. (1987, PG, 90min) ★★
3.00 **Andromeda** 17/22. (S5)
4.00 **Star Trek** 4/30. (S1)
5.00 FILM **The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
7.00 **Andromeda** 18/22. (S5)
8.00 **Star Trek** 5/30. (S1)
9.00 FILM **Acts of Vengeance** Action drama starring Antonio Banderas. (2017, 15, 87min) ★★
10.45 FILM **The Flock** Thriller with Richard Gere. (2007, 18, 105min) ★★★★
1.00 **to 3.00** AM FILM **Acts of Vengeance** (2017)

+1 hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters...**
11.10 **Phantom Signals**
12.10 PM **Strangest Things**
1.05 **Unexplained Files**
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters Down Under**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New edition
10.00 **World's Most Unexplained...**
11.00 **Secrets in the Ice**
12.00 M'T **Haunted Hospitals**
1.00 AM **Close Encounters...**
2.00 **Phantom Signals**
3.00 **Hardcore Pawn**
3.25 **Auction Kings**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.05 **Nick Knowles' New Year Clearout**
11.05 **Ben Fogle: New Lives in the Wild** Double bill.
1.05 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.05 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Malta: The Jewel of the Med** A tour of the Mediterranean island.
9.00 **Portillo's Andalucia** Michael Portillo explores the region of Andalucia.
10.00 **Inside the Tower of London** The fortress needs to make some changes to mark the new king's reign.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Nick Knowles' New Year Clearout**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
7.00 **A Place in the Sun** Danni Menzies helps a couple look for a home on Portugal's Algarve.
8.00 **Escape to the Country** Searching for a home in Cambridgeshire.
9.00 **Good Bones** Mina Starsiak Hawk buys a lakefront fixer-upper and jumps into making it a restful family getaway.
10.30 **Bargain Mansions**
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **I Love a Mama's Boy**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 NEW SERIES **I Love a Mama's Boy Watch with Mom Special** The cast watch each other's lives.
10.00 **Temptation Island**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Temptation Island**
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S1&2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 16&17/22. (S7)
1.00 PM **Friends** (S5&6)
8.00 **Friends** 3/25. Ross makes a dramatic decision about Rachel. **8.30** 4/25. Ross tries his hand at teaching. (S6)
9.00 **Alan Carr: Yap, Yap, Yap!** Stand-up comedy.
10.00 **Jimmy Carr: Being Funny** Stand-up show.
11.00 **CC Live: Stand Up**
12.00 M'T **Dara O Briain Talks Funny: Live in London**
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Reno 911!** 4&5/14. (S1)
3.00 **Rich Hall – 3:10 to Humour** Stand-up show.
3.45 **The Daily Show** New edition Talk show.
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 20&21/24. (S4)
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Daria** Animation.
4.10 **New Girl** (S1&2)
5.05 **Becker** 20&21/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing** 16/22. Boyd shows an interest in exploring while Mandy and Kyle rub Ryan up the wrong way. **8.30** 17/22. Mike needs a fourth man for poker, so Ryan offers. (S7)
9.00 **Whose Line Is It Anyway? USA**
10.00 **South Park** (S12&13)
2.00 AM **The Ricky Gervais Show** Double bill.
3.00 **Guessable?**
3.45 **Kristen Schaal Live at the Fillmore** Stand-up.
4.30 **Jimmy Carr: Live**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Border Patrol**
12.00 NOON **Stop, Search, Seize** Double bill.
2.00 PM **The Real A&E**
3.00 **Highway Cops**
4.00 **Border Patrol**
5.00 **Coroner** 3/12. (S4)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** 5&6/21. (S1)
9.00 **SurrealEstate** *Ft. Ghost Child:* 5/10. The team encounter a child spirit. **10.00** *Roman's Six:* 6/10. The team take over a listing plagued by a series of murders. (S1)
11.00 **For Life** 3/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 2/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions of the series, including at: **7.00** Omar thinks he's found the perfect girl.
8.00 **Teen Mom UK** Amber tries her hand at dating.
9.00 **16 & Recovering**
10.00 **Caught in the Act: Unfaithful** New edition Shay thinks her boyfriend is serving up more than food at his food truck.
11.00 **The Challenge: Battle of the Eras** New edition
12.30 AM **Ridiculousness** New edition Rob, Steelo and Camille throw a different kind of pool party with 'cue ball'd'.
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold**
5.00 **Deadliest Catch** Jake attempts a daring rescue and Sig makes a controversial call to save the fishery.
6.00 **Wheeler Dealers World Tour** Mike and Elvis engage in the ultimate Aussie showdown – Ford versus Holden.

10.00 Gold Rush: White Water

7.00 Salvage Hunters Drew Pritchard checks out a new antiques centre in Shropshire, where he soon finds some bargains.

8.00 Kindig Customs The shop has been perfecting the process in building the CF1s and potential buyers are lining up.

9.00 Jade Fever The crew go on the hunt for million-dollar jade boulders. **9.30** 'Scrappy' Larry plans to build a hot tub.

10.00 Gold Rush: White Water An airboat accident could end the season, and severe weather could make matters worse.

11.00 **Gold Divers** Shawn and Vernon try deeper waters.
12.00 M'T **Street Outlaws** Farmtruck and AZN head out of town for an Enduro Race.
1.00 AM **Jade Fever**
2.00 **Gold Rush: White Water**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Crikey! It's the Irwins**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a remote town that has become overwhelmed with feral cats.
6.00 **Extinct or Alive** Searching Vietnam for one of the last living specimens of the giant softshell turtle.

8.00 Into the Shark Bite

7.00 Amanda to the Rescue Amanda Geise treats a pit bull with a fractured jaw and a Dalmatian with an eye condition.

8.00 Into the Shark Bite Cameras go inside the mouth of the ocean's most feared predator to explore a shark's bite.

9.00 Return to the Isle of Jaws Andy Casagrande and Jonathan Werry visit the 'Isle of Jaws', but discover a lack of females.

10.00 Alaska: The Last Frontier With predators closing in, Otto creates a calf caboose for his spring cattle drive.

11.00 **The Aquarium** A sea turtle finds a space to eat in peace. **12.00** M'T A rescued sea otter develops his independence after becoming too attached.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Disaster Autopsy**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Air Crash Investigation**
3.00 **Dinosaurs from the Deep: Drain the Oceans**
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** A 1972 Toyota Celica.
6.00 **Construction Fails** Exploring how the use of glass in construction can lead to devastating problems.

8.00 Car S.O.S

7.00 Air Crash Investigation The investigation into a plane that crashed into a mountain with a Brazilian football team on board.

8.00 Car S.O.S Tim and Fuzz come to the rescue of their first-ever custom car – a modified VW Beetle called a VW Wizard.

9.00 Car S.O.S Fuzz and Tim restore a Japanese rally car belonging to a man unable to work on it due to a back condition.

10.00 Car S.O.S The boys head to Somerset to restore a Jeep Grand Cherokee for a former soldier.

11.00 **Air Crash Investigation**
12.00 M'T **UFOs: Investigating the Unknown** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Bid & Destroy**
2.30 **Abandoned** A lace factory.
2.55 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **History's Greatest Aircraft**
7.45 **Dirty Old Cars** Double bill.
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Secret Societies: In the Shadows** The Skull and Bones senior secret student society at Yale University.
1.00 PM **Dirty Old Cars**
2.00 **WWII's Most Daring Raids**
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Mike encounters five ultra-rare motorbikes in Michigan.

9.00 The Curse of Oak Island

7.00 Forged in Fire Three smiths who suffered broken blades get a chance at redemption in a five-hour round.

8.00 History's Greatest Aircraft New edition The B-25, which delivered the first blow in the fight back against Japan.

9.00 The Curse of Oak Island New edition Investigating of the Golden Egg, an area that evidence suggests the riches are hidden.

10.00 The Curse of Oak Island New edition The team find evidence that may connect the Vikings to the Knights Templar.

11.00 **The UnBelievable with Dan Aykroyd** The host investigates strange events including a 25ft molasses tidal wave in Boston, and a dancing plague.
12.00 M'T **Pawn Stars**
2.00 AM **Mountain Men**
3.00 **History's Greatest Aircraft**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The World at War**
11.00 **Adolf Hitler's War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War**
5.00 **Adolf Hitler's War** In Kursk, the tide turns, and the Soviet's push back.
6.00 **Antiques Roadshow** The team return to RAF Coningsby in Lincolnshire.

6.00 Antiques Roadshow

7.00 Great American Railroad Journeys Michael Portillo arrives in Manassas, scene of two vital battles during the American Civil War.

8.00 Canal Boat Diaries It is Robbie Cumming's toughest trip yet as he battles through water weed on the Bradley Arm.

9.00 Great Canal Journeys Tim and Pru cross the Scottish Highlands on a sun-kissed voyage along the Caledonian Canal.

10.00 Bangers & Cash Paul and Jack head to Staffordshire to pick up five vehicles, including a Mini and a Morris Minor.

11.00 **Abandoned Engineering** The town that faced a disaster of biblical proportions. Plus, vast coastal ruins that reveal a past once wiped from history.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Wednesday 7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **The Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
9.00 **The Repair Shop** The team restore a 1970s electric go-kart.
10.00 **The Yorkshire Auction House** Angus finds a rare porcelain figure who's worth big bucks.
11.00 **The Repair Shop** The team revive a water-damaged penny arcade game.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Curvy Brides Boutique**
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** Melissa White.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Real-life cases.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **Deadly Women**
11.00 **True Conviction** Michael MacVilla's story.
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** The story of a young boy who survived a cardiac arrest whilst in a swimming pool. **7.30** A cyclist who survived two heart attacks in one week.
8.00 **Cold Justice** Kelly, Tonya and the Alcoa Police Department investigate a rape and murder.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 NEW SERIES **Murder by the Sea** Deadly tales from the UK's coastlines.
11.00 **Descent of a Serial Killer** Eddie Mosley.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Murder by the Sea**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files** Double bill.
11.00 **Medical Detectives**
2.00 PM **Donal MacIntyre's Murder Files** Double bill.
4.00 **Medical Detectives** How forensic evidence helped a woman wrongly convicted of murdering her baby. **4.30** A man's second wife is charged with the murder of his first. **5.00** A look into a woman's disappearance. **5.30** The joyous atmosphere of a 4th July weekend soon turns to tragedy. **6.00** A killer betrayed by a speck of paint. **6.30** A family mourn the unexpected death of a beloved grandmother during Christmas.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **What the Killer Did Next** Crime series.
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **What the Killer Did...**
7.00 **World's Most Evil...**
8.00 **Britain's Most Evil Killers**
9.00 **The Bambers: Murder at the Farm** True-crime.
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **Who Killed Jill Halliburton Su?**
2.05 **Snapped** Documentary.
3.00 **Brit Cops: War on Crime**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Britain's Biggest Dig**
9.35 **Full Steam Ahead**
10.45 **Jungle War**
11.55 **WW2: Battle of Crete**
1.00 PM **Britain's Biggest Dig**
2.20 **Full Steam Ahead**
3.35 **Jungle War**
4.40 **WW2: Battle of Crete**
5.55 **Britain's Biggest Dig** How Birmingham became one of the most important industrial cities on the planet.
7.10 **Full Steam Ahead** The historians reveal how the railways transformed the British diet.
8.30 **Jungle War** Examining ever-evolving jungle warfare tactics.
9.35 **WW2: Battle of Crete** A look at the massacres that occurred from both sides after the German and Italian occupation.
10.45 **Full Steam Ahead**
12.00 M'T **Jungle War**
1.10 **to 2.00** AM **America the Bountiful**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Guest Wing**
7.00 **Discovering: Janet Leigh**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Rolling Stone: Stories from the Edge**
11.00 **The Man Who Bought Cricket**
12.00 NOON **The Truth vs Alex Jones**
2.10 PM **The Wimbledon Kidnapping** The disappearance of Muriel McKay in 1969.
4.00 **The Directors**
5.00 **Discovering: Janet Leigh**
6.00 **The Sixties**
7.00 FILM **The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
9.00 **Elvis Presley: The Searcher** 1&2/2. Documentary about the life and career of the singer.
1.00 AM **Anatomy of Lies**
2.00 **Wework: How to Lose $30b in Two Weeks** Documentary.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Janet Leigh**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Nomads of the Serengeti**
11.00 **Orangutan Jungle School**
12.00 NOON **Arabian Inferno**
1.00 PM **Monkey Life** Double bill.
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Nomads of the Serengeti**
5.00 **Coastal Africa**
6.00 **Arabian Inferno**
7.00 **Monkey Life** Chimpanzee Rodders has a tooth removed. **7.30** Chimpanzee Seamus is moved into the bachelor pad.
8.00 **Extreme Africa** How life exists in varied habitats.
9.00 **Monkey Life** Double bill.
10.00 **Arabian Inferno**
11.00 **Coastal Africa**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Israel**
2.00 **Extreme Africa** As 8.00pm.
3.00 **Monkey Life** Double bill.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.50 **Winston Churchill's War**
8.50 **Traitors**
10.00 **Phantom Signals**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Britain's Secret Islands**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Winston Churchill's War**
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters**
8.00 **Behind History**
9.00 **The UnBelievable with Dan Aykroyd** True-life tales of people surviving the most extraordinary conditions.
10.00 **Ancient Aliens** Experts study previous reports of zombies, vampires and spirits.
11.00 **The Secret Nazi Expeditions**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Secret Islands**
3.00 **Secrets of Great British Castles** Warwick Castle.
4.00 **Weird or What? With William Shatner** The Mothman.
5.00 **to 6.00** AM **Close Encounters**

Crime+Investigation

156 837 133

6.00 AM **The First 48 Presents: Critical Minutes**
7.00 **Homicide Hunter**
8.00 **After the First 48**
9.00 **Murdertown**
10.00 **Murder by Medic**
11.00 **Green Eyed Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Killer Town** Keith Black.
3.00 **Killer Britain with Dermot Murnaghan** Ben Geen.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **The First 48 Presents: Critical Minutes**
7.00 **After the First 48**
8.00 **Murder by Medic**
9.00 **Green Eyed Killers** New edition
10.00 **Buried in the Backyard**
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Green Eyed Killers**
2.00 **Killer Town** Keith Black.
3.00 **Green Eyed Killers**
4.00 **Murder by Medic**
5.00 **to 6.00** AM **Cold Case Files**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Heartland Docs**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Man Vs Shark**
3.00 **Mega Hammerhead**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley treats a horse with a mystery condition. **8.00** Dr Oakley guards a dog from a wandering hound.
9.00 **Something Bit Me** A lawyer and a doctor on a wilderness trip encounter the Arctic's top predator.
10.00 **World's Deadliest** A look at predators from across the world.
11.00 **Alaska: The Next Generation**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: North Carolina** Documentary.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shark Attack Rescuers**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project**
8.00 **Shark Attack Rescuers**
9.00 **Combat Dealers** Bruce finds Glenn Miller's army uniform.
10.00 **Shed and Buried** Obscure agricultural implements. **10.30** Henry Cole and Sam Lovegrove uncover vintage treasures in West Sussex.
11.00 **World's Greatest Motorcycle Rides** Henry leaves South Carolina and crosses the state line into Georgia.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
7.00 **Abandoned Engineering** A fairy-tale castle where one of the strangest events of World War Two took place, and a haunting complex on an old American Frontier. **8.00** Bizarrely-shaped huts in India, once home to global superstars, are now eerily quiet and neglected. **9.00** An industrial facility that brought energy to a remote corner of the world. **10.00** A Middle Eastern region littered with ruins, and a strange facility in Taiwan that struck fear into the hearts of those who knew its true purpose. **11.00** Eerie ruins in the hills of Arkansas, and a disintegrating gulag in Albania that housed enemies of the state.
12.00 M'T **Abandoned Engineering**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **Still a Mystery**
9.00 **Swamp Murders**
11.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
1.00 PM **I'd Kill for You**
3.00 **Who the (Bleep) Did I Marry?**
5.00 **Your Worst Nightmare**
6.00 **True Crime with Aphrodite Jones** The murder of a promising young lawyer.
7.00 **On the Case with Paula Zahn** A college coed disappears, and her family launch a desperate investigation to find her. **8.00** A murdered teenager's body mysteriously turns up in the rural Iowa countryside.
9.00 **Hostage 911** Negotiators hope to reason with an ex-felon.
10.00 **High Speed Chase**
11.00 **The Interrogator**
12.00 M'T **Homicide City**
2.00 AM **Your Worst Nightmare**
3.00 **True Crime with Aphrodite Jones** As shown at 6.00pm.
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Bad Chad Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** Motoring series.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Roadworthy Rescues**
9.00 **Bad Chad Customs** A car enthusiast tasks Chad with building an open-wheel race car.
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **The Cinema List: Biopic**
6.25 **The Cinema List: Christmas**
6.50 **SuperKlaus** As 5.30am.
8.25 **The Convert** As 11.55pm.
10.35 **The 4:30 Movie** As 3.50am.
12.20 PM **The Fall Guy** As 8.00pm.
2.30 **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
4.20 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
6.00 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★

4.20 Kung Fu Panda 4

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Convert** Action drama. (2024, 15, 119min) ★★★★
2.05 AM **Coup!** As 2.30pm.
3.50 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
5.30 **to 7.10** AM **SuperKlaus** Animated festive adventure. (2024, PG, 88min)

Sky Cinema Hits

303 403 503 517

6.00 AM **The Scorpion King** (2002)
7.35 **The Green Hornet** (2011)
9.35 **The Huntsman: Winter's War** Fantasy. (2016, 12) ★★★
11.30 **The Meg** Action thriller. (2018, 12, 113min) ★★★
1.25 PM **Meg 2: The Trench** Thriller sequel. (2023, 12) ★★★
3.25 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
5.35 **Man of Steel** Adventure. (2013, 12, 143min) ★★★

10.00 Hancock

8.00 Justice League Sci-fi adventure, starring Ben Affleck, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Hancock Action comedy fantasy starring Will Smith as a drunken superhero who leaves disaster in his wake – until he encounters an idealistic PR guru and his wife. With Charlize Theron and Jason Bateman. (2008, 12, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Man of Steel** As 5.35pm.
2.10 AM **The Green Hornet** Fantasy action comedy. (2011, 12, 118min) ★★★
4.20 **to 6.00** AM **The Scorpion King** Fantasy adventure. (2002, 12, 91 min) ★★★

Sky Cinema Drama

310 410 510 524

6.15 AM **The End of the Affair**
8.15 **High Noon** As 2.10am.
9.50 **Field of Dreams** As 12.10am.
11.50 **Big George Foreman** Biopic. (2023, 12, 129min) ★★★
2.05 PM **Safe Haven** Romantic thriller. (2013, 12, 113min) ★★★
4.10 **Charlie Wilson's War** Satirical political comedy starring Tom Hanks and Julia Roberts. (2007, 15, 97min) ★★★★
6.00 **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★
8.00 **Philadelphia** Oscar-winning melodrama starring Tom Hanks and Denzel Washington. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids. (1993, 12, 122min) ★★★★
10.20 **The End of the Affair** Wartime romantic drama starring Deborah Kerr and Van Johnson. (1955, PG, 106min) ★★
12.10 AM **Field of Dreams** Fantasy drama starring Kevin Costner. (1989, PG, 106min) ★★★★★
2.10 **High Noon** Oscar-winning Western starring Gary Cooper. (1952, b/w, U, 85min) ★★★★★
3.50 **Sky Cinema Preview**
4.30 **to 6.40** AM **Safe Haven** (2013)

Sky Cinema Sci-fi/Horror

311 411 511 525

7.20 AM **The Core** As 2.30am.
9.50 **Men in Black: International** Fantasy comedy sequel. (2019, 12, 110min) ★★★
11.50 **Ghost in the Shell** As 10.10pm.
1.50 PM **The Purge** Horror thriller starring Ethan Hawke and Lena Headey. (2013, 15, 85min) ★★★
3.30 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale. (2009, 12, 110min) ★★★
5.35 **Ready Player One** Steven Spielberg's fantasy starring Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
10.10 **Ghost in the Shell** Sci-fi adventure starring Scarlett Johansson and Pilou Asbæk. (2017, 12, 107min) ★★★★
12.10 AM **Biosphere** Comedy drama. (2022, 15, 106min) ★★★
2.10 **The Cinema List: Spectacular Sci-Fi**
2.30 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
4.55 **to 6.35** AM **Thir13en Ghosts** Horror. (2001, 15, 91 min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

7.25 AM **Mee-Shee: The Water...**
9.10 **Beethoven's 2nd** As 7.30pm.
10.50 **Robo-Dog: Airborne** (2017)
12.25 PM **Mee-Shee: The Water Giant** Fantasy adventure. (2005, PG, 94min) ★★★
2.15 **Journey to the Center of the Earth** (2008, PG) ★★
4.00 **Journey 2: The Mysterious Island** Adventure sequel. (2012, PG, 94min) ★★★
5.50 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★

7.30 Beethoven's 2nd

7.30 Beethoven's 2nd Family comedy sequel starring Charles Grodin and Bonnie Hunt. (1993, U, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 Robo-Dog: Airborne Adventure sequel starring Michael Campion. After the robot canine goes missing, his friend Tyler vows to turn the town upside town to find him. (2017, U, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 The Muppets Take Manhattan Musical. (1984, U, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Mary and the Witch's Flower** Animated adventure. (2017, U, 99min) ★★★
2.30 **Hot Dog Derby** Comedy. (2013, U, 82min) ★★
4.05 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
5.35 **to 7.25** AM **The Muppets Take Manhattan** As 10.50pm.

Sky Cinema Stunts
307 407 507 521

6.00 AM **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★★
8.00 **Police Story 3: Supercop**
9.50 **Once Upon a Time in China III**
11.45 **The Cinema List: Fast Cars**
12.05 PM **Swordfish** (2001, 15) ★★★
1.55 **John Wick** Action thriller. (2014, 15, 101 min) ★★★★
3.40 **Crouching Tiger, Hidden Dragon** Romantic adventure. (2000, 12, 120min) ★★★★★
5.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★

5.45 Jack Reacher

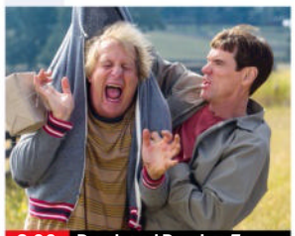
8.00 Jack Reacher: Never Go Back Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Bourne Identity** Spy thriller. (2002, 12) ★★★★★
2.25 **Police Story 3: Supercop** Action thriller sequel. (1992, 15, 91 min) ★★
4.15 **to 6.10** AM **Once Upon a Time in China III** Historical drama. (1993, PG, 111 min) ★★★

Sky Cinema Comedy
308 408 508 522

7.35 AM **Uproar** As 11.35pm.
9.30 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
11.15 **What Happens Later** Comedy. (2023, 15, 99min) ★★★
1.05 PM **The Brits Are Coming**
2.50 **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
4.35 **Mr Deeds** Comedy with Adam Sandler and Winona Ryder. (2002, 12, 96min) ★★★
6.15 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★


8.00 Dumb and Dumber To

8.00 Dumb and Dumber To Comedy sequel starring Jim Carrey and Jeff Daniels. The dim-witted friends are reunited after 20 years and set off on a road trip to find Harry's estranged daughter. (2014, 15, 107min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 The Brits Are Coming Crime caper starring Uma Thurman and Tim Roth. A con-artist couple set out to settle a gambling debt by pulling off a jewel heist. (2018, 15, 90min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Uproar** Comedy drama starring Julian Dennison. (2023, 12, 110min) ★★★
1.30 AM **Am I OK?** Romantic comedy with Dakota Johnson (2022, 15, 86min) ★★★
3.00 **Champions** Comedy drama. (2023, 12, 124min) ★★★
5.10 **to 6.55** AM **Genie** Richard Curtis's comedy remake. (2023, PG, 93min) ★★★

Sky Cinema Thriller
309 409 509 523

6.30 AM **The Cinema List: Sky Original Thrillers**
6.50 **Some Other Woman** (2023)
8.30 **The Collector** As 5.45am.
10.20 **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
12.20 PM **One Day as a Lion** Action thriller. (2023, 15, 87min) ★★★
2.05 **Changing Lanes** As 11.50pm.
4.00 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
6.00 **The Lesson** Romantic thriller. (2023, 15, 103min) ★★★

6.00 The Lesson

8.00 The Sum of All Fears Action thriller starring Ben Affleck and Morgan Freeman. Neo-Nazi terrorists aim to provoke war between America and Russia by setting off a nuclear bomb on US soil. With James Cromwell. (2002, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Oldboy Revenge thriller remake starring Josh Brolin. A man is released after being held captive in a prison for 20 years and must solve the mystery of his incarceration. (2013, 18, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★
1.45 AM **Ruthless** Action thriller. (2023, 15, 92min) ★★★
3.35 **Some Other Woman** Thriller. (2023, 15, 85min) ★★★
5.10 **Sky Cinema Preview**
5.45 **to 7.35** AM **The Collector** Thriller. (1965, 15, 119min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Hangman's Knot** Western. (1953, PG, 81 min) ★★
12.40 PM **The 300 Spartans** War epic. (1962, PG, 113min) ★★★
2.55 **The Moonraker** Adventure. (1957, U, 82min) ★★★
4.35 **Von Ryan's Express** War drama starring Frank Sinatra. (1965, PG, 117min) ★★★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake. (2008, 12, 104min) ★★

6.55 The Day the Earth Stood...

The Day the Earth Stood Still (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Mission: Impossible – Rogue Nation Spy thriller sequel starring Tom Cruise and Jeremy Renner. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Flag Day** Crime drama directed by and starring Sean Penn, with Dylan Penn. A man lives a double life as a counterfeiter, bank robber and con-man to provide for his daughter. (2021, 15, 109min) ★★★
1.55 **to 4.00** AM **Desperado** Action thriller starring Antonio Banderas and Salma Hayek. (1995, 18, 105min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Icons
302 402 502 516

7.40 AM **Silent Running** Cult sci-fi drama. (1972, U, 90min) ★★★★
9.25 **The Sugarland Express** (1974)
11.20 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
1.20 PM **Jarhead** As 1.05am.
3.25 **The Theory of Everything** Biopic of Stephen Hawking, starring Eddie Redmayne. (2014, 12, 120min) ★★★★

5.35 **Forrest Gump** Oscar-winning whimsical fable with Tom Hanks. (1994, 12, 136min) ★★★★
8.00 **Schindler's List** Steven Spielberg's historical drama with Liam Neeson. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (1993, 15, 195min) ★★★★★
11.15 **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★

1.05 AM **Jarhead** Military drama starring Jake Gyllenhaal. (2005, 15, 123min) ★★★★
3.10 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
5.10 **to 7.05** AM **The Sugarland Express** Comedy drama. (1974, PG, 110min) ★★★

Sky Cinema Greats
304 404 504 518

7.50 AM **After Earth** As 2.20am.
9.35 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★
11.15 **Superman Returns** Adventure. (2006, 12, 154min) ★★★
1.50 PM **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
4.15 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

6.15 **Gravity** Space thriller starring Sandra Bullock and George Clooney. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91 min) ★★★★★
8.00 **Minority Report** Sci-fi thriller with Tom Cruise. In Washington in 2054, the authorities prevent potential murders thanks to the visions of three psychics. Then the chief of the Pre-Crime unit becomes a suspect himself. (2002, 12, 145min) ★★★★

10.30 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101 min) ★★★★
12.15 AM **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
2.20 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
4.05 **to 6.00** AM **Edge of Tomorrow**

Sky Cinema Animation
305 412 500 514

6.00 AM **DC Super Hero Girls: Legends of Atlantis** As 4.05am.
7.20 **Fireheart** As shown at 12.45am.
8.55 **Extinct** As shown at 11.10pm.
10.25 **The Secret Life of Pets** (2016)
12.00 NOON **Spider-Man: Across the Spider-Verse** As 7.10pm.
2.25 PM **Captain Underpants** Animation. (2017, U) ★★★★
4.00 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★

5.35 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
7.10 **Spider-Man: Across the Spider-Verse** Animation with the voice of Shameik Moore. (2023, PG, 140min) ★★★★
9.35 **The Nut Job** Animated comedy featuring the voice of Will Arnett. (2014, U, 85min) ★★★
11.10 **Extinct** Animated adventure. (2021, U, 84min) ★★★
12.45 AM **Fireheart** Animation. (2022, U, 92min) ★★★

2.25 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
4.05 **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
5.30 **to 6.55** AM **Batman Unlimited: Animal Instincts** Animation. (2015, PG, 74min) ★★

Movies 24
312 419

7.00 AM **Rip in Time** Romantic fantasy. (2022, PG, 84min) ★★
9.00 **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
11.00 **Love, Classified** Romantic drama. (2022, PG, 90min) ★★
1.00 PM **A Honeymoon to Remember** Romantic drama. (2021, PG, 85min) ★★
3.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★

5.00 **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Drama. (2021, PG, 84min) ★★
7.00 **A Scottish Love Scheme** Romantic drama starring Erica Durance and Jordan Young. (2024, PG, 84min) ★★
9.00 **Romantic Rewrite** Comedy with Kristina Cole and Russell Quinn. A book editor who specialises in romance helps a mystery writer incorporate a love story into his next book. (2022, PG, 82min) ★★

11.00 **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
1.00 AM **Love Served Here** Drama. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Wedding of a Lifetime** (2022, PG) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **Danny Boy** Wartime musical. (1941, b/w, U, 80min) ★★
8.30 **One Step Beyond** 20/39. (S2)
9.05 **The Shillingbury Blowers** Comedy drama starring Robin Nedwell. (1979, PG, 95min) ★★
10.40 **Black Widow** Crime thriller. (1951, b/w, PG, 62min) ★★
11.55 **Shepherd on the Rock** Rural drama. (1994, PG, 95min) ★★★

1.55 PM **The Brothers** 5/13. (S3)
3.00 **Yuma** Western starring Clint Walker and Barry Sullivan. (1971, PG, 73min) ★★
4.30 **Glimpses: Texas Square Dance**
4.40 **The Life and Legend of Wyatt Earp** 23/33. (S1)
5.15 **The Adventures of Jim Bowie**
5.50 **26 Men** 30/39. (S1)
6.25 **The Texan** 23/37. (S1)
7.00 **Z Cars** 10/31. (S10)
8.00 **Manhunt** 6/26. (S1)
9.05 **Maigret** 4/6. (S4)
10.55 **Crime Story** 7/7. (S1)

12.00 M'T **Maigret** 11/13. (S3)
1.05 AM **The Shakedown** Crime thriller starring Terence Morgan. (1959, b/w, 15, 92min) ★★
2.55 **Pendulum** Crime drama. (1968, 15, 106min) ★★
5.00 **to 6.00** AM **Dick Powell's Zane Grey Theatre**

WEDNESDAY Sport

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
12.00 NOON **Transfer Talk** The team break down all the latest talking points from the January transfer window, with analysis and discussion of the major headlines.
1.00 PM **Transfer Centre** The latest football transfer developments.
4.00 **Transfer Centre** The latest football transfer developments.
5.00 **The Transfer Show** Analysis of the latest transfer news.
5.30 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
7.00 **LIVE EFL Cup** Coverage of a semi-final first-leg, as the teams continue their bid to lift the trophy won by Liverpool last season. The Reds came back from 1-0 down to prevail 2-1 against Fulham at this stage last term, before securing their place in the final by drawing 1-1 at Craven Cottage.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, featuring the Brisbane International.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
8.00 **SNF** Brighton v Arsenal.
8.30 **Premier League Highlights**
9.30 **SNF** Brighton v Arsenal.
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** With Michael Owen. **12.30** PM With Dimitar Berbatov.
1.00 **Premier League Highlights**
2.30 **SNF** Brighton v Arsenal.
3.00 **Premier League Highlights**
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **PL 100: Petr Cech**
6.30 **PL 100: Paul Scholes**
7.00 **Premier League Stories**
7.30 **PL 100: Paul Scholes**
8.00 **Premier League Review** A look back at recent top-flight fixtures.
9.00 **Premier League Stories**
9.30 **PL 100: Jimmy Floyd Hasselbaink** Top-flight goals.
10.00 **Premier League Icons**
11.00 **Premier League Years** Clips from the 2002/03 season.
1.00 AM **PL Retro** Leicester City v Manchester United from 2014.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Final**
8.00 **Best Scottish Premiership Goals** Archive highlights.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Moments from the Championship, League 1 & 2 Play-Off Finals (1993-2019)**
12.00 NOON **EFL Cup**
2.00 PM **Bundesliga Special: Review**
3.00 **EFL Highlights**
4.00 **EFL Cup Highlights**
4.30 **Scottish Premiership Round-Up**
4.45 **SPFL Highlights**
5.00 **EFL Highlights**
6.00 **SPFL Highlights**
6.30 **EFL Cup Highlights**
7.00 **LIVE EFL Cup** Coverage of a semi-final first-leg.
10.30 **EFL Cup Highlights**
11.00 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL** Action from 2005/06.
1.30 **Best Moments from the League 1 & 2 Play-Off Final**
2.00 **Best Goals: EFL Cup 2022/23**
2.30 **EFL Trophy** The 2022/23 final.
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **EFL Rivalries**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Test Cricket** Recent action.
7.00 **Women's Big Bash League**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Sydney Thunder v Hobart Hurricanes.** Coverage of the T20 match staged at ENGIE Stadium.
11.30 **Big Bash League** Highlights.
12.30 PM **Jimmy Anderson's Greatest Spells**
1.00 **Big Bash League** A chance to see Sydney Thunder v Hobart Hurricanes at ENGIE Stadium.
4.05 **Women's Big Bash League** Perth Scorchers v Adelaide Strikers in the 2021 final.
4.15 **Blue for Bob** A Bob Willis tribute.
4.30 **Test Cricket** South Africa v Pakistan at Six Sun Grill Newlands.
5.30 **Talking Cricket** Graeme Smith.
6.00 **Big Bash League** Sydney Thunder v Hobart Hurricanes.
7.00 **Test Cricket** South Africa v Pakistan: Action from the second Test in the two-match series at Six Sun Grill Newlands in Cape Town.
12.00 M'T **Big Bash League**
4.00 AM **Jimmy Anderson's Greatest Spells**
4.45 **Blue for Bob** A Bob Willis tribute.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
10.00 **Solheim Cup Golf**
1.00 PM **The Greatest Solheim Cup**
3.00 **Solheim Cup Golf**
6.00 **PGA Tour Golf** A retrospective look at the 2024 season.
7.00 **PGA Tour: The Cut** A look behind the scenes of the tour.
7.30 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
8.30 **Junior Golf** Highlights of the Justin Rose Telegraph Junior Golf Championship.
9.00 **PGA Tour Golf** A retrospective look at the 2024 season.
10.00 **PGA Tour: The Cut** A look behind the scenes of the tour.
10.30 **Secrets of Success**
11.30 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
12.30 AM **PGA Tour: The Cut**
1.00 **DP World Tour Golf**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
12.00 NOON **Bitesize Tennis**
12.15 PM **US Open Classic Matches**
12.30 **ATP Tennis** The ASB Classic final.
1.30 **Tennis** The Adelaide International.
3.30 **WTA Tennis** Auckland Open.
4.30 **ATP Tennis** Hong Kong Open.
5.30 **WTA & ATP Tennis** Action from the WTA and ATP Tours.
9.30 **Bitesize Tennis** Andy Murray.
9.45 **US Open Classic Matches**
10.00 **Bitesize Tennis** Ladies Open.
10.15 **US Open Classic Matches**
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

TNT Sports 1

410 870 527 408 430

6.30 AM **Premier League World Beaters** The best players.
7.00 **Premier League Stories**
7.30 **Premier League Netbusters**
8.00 **LIVE Isuzu UTE A-League Sydney FC v Perth Glory.** From Allianz Stadium. Kick-off **8.00am**.
10.00 **Serie A** Action from Italy.
12.00 NOON **Formula E Flashback**
1.00 PM **Premier League Review**
2.00 **Premiership Women's Rugby**
3.00 **The Rugby Review**
3.45 **Vendee Globe Highlights**
4.15 **Isuzu UTE A-League**
5.15 **Premier League Reload**
5.30 **Premier League: Big Interview**
6.00 **TNT Sports Reload**
6.30 **Test Cricket Highlights**
8.30 **Premier League Netbusters**
9.00 **Ultimate Pool** The latest round.
10.30 **Vendee Globe Highlights**
11.00 **TNT Sports Reload**
11.30 **Serie A – Full Impact**
12.00 M'T **LIVE NBA Cleveland Cavaliers v Oklahoma City Thunder.** Tip-off **12.00m't**.
2.30 AM **LIVE NBA Milwaukee Bucks v San Antonio Spurs.** At Fiserv Forum. Tip-off **2.30am**.
5.00 **to 6.00** AM **Down the Clubhouse**

TNT Sports 2

411 871 528 409 431

6.30 AM **Fishing: On the Bank**
7.30 **Ally's Social Club**
8.00 **LIVE A-League Women Brisbane Roar v Melbourne Victory.** Coverage of the match at Perry Park. Kick-off **8.00am**.
10.00 **Sign Up – Into Football**
10.45 **The Rugby Review**
11.30 **Vendee Globe Highlights**
12.30 PM **For the Love of the Game With Laura & Ally**
1.30 **Test Cricket Highlights** The first, second and third Tests between New Zealand and England.
6.00 **Premier League Review**
7.00 **Serie A – Full Impact**
7.30 **Back into the Sunshine**
9.15 **Premier League Reload**
9.30 **Isuzu UTE A-League**
10.30 **One Day International Cricket** New Zealand v Sri Lanka in the second ODI from Seddon Park.
11.30 **LIVE Women's T20 Super Smash Wellington Blaze v Central Hinds.** Coverage of the encounter comes from Cello Basin Reserve in Wellington.
3.15 **to 6.45** AM **LIVE T20 Super Smash Wellington Firebirds v Central Stags.** Coverage of the match from Cello Basin Reserve.

TNT Sports 3

417 874 529 410 432

6.00 AM **Isuzu UTE A-League** Melbourne City v Western United. **7.00** Action from Brisbane Roar v Newcastle Jets.
8.00 **LIVE A-League Women Newcastle Jets v Adelaide United.** Coverage of the match from Maitland Sports Ground in North Sydney. Kick-off **8.00am**.
10.00 **UEFA Champions League – Classics** Archive action.
6.00 PM **UEFA Champions League – Classics** Memorable matches from 2013/14 and 2014/15.
8.30 **What I Wore** With former England striker Gary Lineker.
8.45 **Sign Up – Into Football** Highlights and analysis in a groundbreaking series.
9.30 **Fishing: On the Bank** Angling magazine show presented by Rob Hughes and Andy Ford.
10.30 **MLB Classic** An insider's look at the Boston Red Sox quest to win the 2007 World Series.
12.00 M'T **MLB Classic** A look back at World Series from 2008 to 2010. **5.15** The 1976 All-Star game at Veteran's Stadium in Philadelphia.
5.45 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
9.00 **NFL Weekly Review**
10.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Washington Commanders v Chicago Bears. **5.00** Action from Minnesota Vikings v Indianapolis Colts.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Action from three week 18 matches. **8.45** Highlights from San Francisco 49ers v Detroit Lions.
9.00 **Jaguars Weekly UK** A round-up of the latest news.
9.30 **One Jets Drive** A behind-the-scenes look at the New York Jets.
10.15 **NFL Bitesize Highlights** Action from three week 18 matches.
11.00 **NFL Highlights** Baltimore Ravens v Buffalo Bills.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **Super Bowl LVIII Bitesize**
5.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Fight Night International**
8.00 **NFL Highlights**
10.00 **Solheim Cup Golf**
1.00 PM **Big Bash League** Sydney Thunder v Hobart Hurricanes.
4.05 **Fight Night** Bouts from 2024.
6.00 **Big Bash League** Sydney Thunder v Hobart Hurricanes. **7.00** Perth Scorchers v Melbourne Renegades.
8.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
9.00 **Tennis** Action from the United Cup final at Ken Rosewall Arena.
11.00 **Formula 1** Highlights of the Australian Grand Prix, the third round of the season at Albert Park Circuit in Melbourne.
12.00 M'T **Big Bash League** Sydney Thunder v Hobart Hurricanes. **1.00** AM Perth Scorchers v Melbourne Renegades.
2.00 AM **NFL Highlights**
4.00 **Fight Night** Azim v Davies.
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB** World Series action.
11.00 **NBA Originals** Detroit Pistons.
1.00 PM **NBA** A chance to see Dallas Mavericks v Los Angeles Lakers. **2.30** Another chance to see Denver Nuggets v Boston Celtics.
4.00 **NBA Originals**
4.30 **NBA** A chance to see Dallas Mavericks v Los Angeles Lakers. **6.00** Another chance to see Denver Nuggets v Boston Celtics.
7.30 **One Day International Cricket** New Zealand v Sri Lanka.
8.30 **NBA** A chance to see Dallas Mavericks v Los Angeles Lakers. **10.00** Another chance to see Denver Nuggets v Boston Celtics.
11.30 **UFC Fight Flashback**
12.00 M'T **UFC Main Event**
1.00 AM **UFC: Johnson v Elliott**
2.00 **UFC Main Event**
4.00 **UFC Main Event: Diaz v Condit**
5.00 **UFC Main Event**
5.30 **to 6.00** AM **Formula E Flashback**

Eurosport 1

413 870 521 412 435

6.00 AM **Alpine Skiing**
7.00 **Ski Jumping** From Innsbruck.
8.00 **Masters Snooker**
10.00 **Dakar Rally** The third stage.
11.00 **Ski Jumping** From Innsbruck.
12.00 NOON **Show Jumping**
1.00 PM **Cross-Country Skiing**
3.00 **Alpine Skiing** From Slovenia.
4.30 **LIVE Alpine Skiing** Coverage of the first run in the men's slalom at Madonna di Campiglio in Italy.
6.15 **Ski Jumping** From Austria.
7.15 **Winter Sport – Andrew Musgrave – Trondheim 2023**
7.30 **LIVE Alpine Skiing** The second run in the men's slalom in Italy.
8.45 **Dakar Rally** Stage four.
9.45 **Winter Sport: Kirsty Muir – Copper Mountain 2023**
10.00 **Tennis: Australian Open Men's Final 2021**
12.00 M'T **Alpine Skiing**
1.00 AM **Ski Jumping** From Germany.
2.00 **Australian Open Tennis**
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Snooker: Masters Final 2020** Bingham v Carter.
8.00 **Dakar Rally** The third stage.
9.00 **Ski Jumping** From Germany.
11.00 **Snooker: Masters Final 2016** Ronnie O'Sullivan v Barry Hawkins.
1.00 PM **Dakar Rally** Stage three from Bisha to Al Henakiyah.
2.00 **Cyclo-Cross** From Belgium.
3.00 **Tennis: Australian Open Men's Final 2021**
4.30 **Australian Open Tennis**
6.00 **Snooker: Masters Final 2020**
8.00 **Snowboarding** From Klagenfurt.
9.00 **Ski Jumping** The men's HS128 event from Innsbruck, Austria. **10.00** The men's HS142 event from Bischofshofen, Austria.
11.00 **Dakar Rally** The fourth stage.
12.00 M'T **Cyclo-Cross**
1.00 AM **Olympics: Hall of Fame**
2.00 **Dakar Rally** The fourth stage.
3.00 **Alpine Skiing** From Italy.
4.00 **Ski Jumping** From Germany.
5.00 **to 6.00** AM **Cyclo-Cross**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
11.30 **The Football Show** A round-up of all the latest sports news.
12.00 NOON **Transfer Talk** The team break down all the latest January transfer window talking points.
1.00 PM **Transfer Centre** The latest football transfer developments.
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.
10.30 **Back Pages Tonight** A look at the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News**
2.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Lewis Hamilton: Why Heritage Matters**
12.30 PM **Formula 1** The Australian Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **The F1 Wheelchair**
3.15 **72 Hours with Jack Doohan**
3.30 **Formula 1** Australian Grand Prix.
7.40 **Ted's Notebook**
8.10 **Martin in the Arrows A11**
8.15 **F1 & the Silver Bullet**
8.30 **Formula 1** Australian Grand Prix.
10.35 **McLaren's Podium Boys**
10.45 **Karun Meets Kimi Antonelli**
11.00 **Formula 1** Australian Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

Thursday

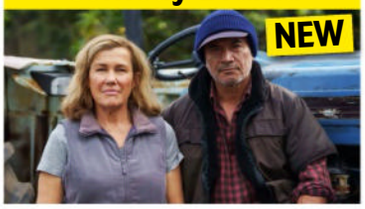
9 January

Evening Planner

Documentary

Sandi's Great British Woodland Restoration
C4, 8pm
Sandi Toksvig and her wife Debbie shed light on Britain's ancient woodland crisis.

Comedy Drama



Far North
U&Alibi, 10pm (box set, Sky Box Sets)
Based on extraordinary real events, this comedy drama follows a New Zealand couple who are drawn into a drugs heist.

OnDemand

NETFLIX

American Primeval
Available today
Drama set in the harsh and unforgiving American West. Saura Lightfoot-Leon stars.

OnDemand

prime

On Call
Available today
Body-cam and dash camera footage are incorporated into this new style of police drama, set in Long Beach.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Traitors		10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Digging for Britain		9.00 Miriam Margolyes: Almost Australian		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight	9.00 Coronation Street		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Sandi's Great British Woodland...		9.00 Patience		10.00 Merseyside Detectives: The Murders...	
	105 CHANNEL 5	7.00 Seychelles with Jane McDonald		8.00 Majorca: Jewel of the Med		9.00 The Sweets & Treats We Loved & Lost		10.00 Blood Money: The Curse of the...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Darts		9.00 A League of Their Own		10.00 Ted	
ENTERTAINMENT	115 BBC3		7.15 Top Gear		8.20 The Simple Life	9.00 Dubai Hustle		10.00 Video Nasty	
	116 BBC4	7.00 Film: Kelly's Heroes					9.20 Clint Eastwood: The Man with No Name		10.20 Film: Where Eagles...
	118 ITV2	◂ 5.55 Film: Harry Potter and the Goblet of Fire				9.00 Family Guy		10.00 Olivia Attwood: The Price of Perfection	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E		10.00 Emergency	
	135 E4	7.00 Big Bang Theory	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 Lockerbie: A Search for Truth			10.15 The Tattooist of Auschwitz
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Unforgotten	
	120 ITV4	◂ 6.55 The Motorbike Show		7.55 Junk and Disorderly		9.00 Film: Red Heat			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: My Cousin Vinny			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs Darts		9.00 A League of Their Own		10.00 Ted	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown		10.00 Far North	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Discovering: Ralph Fiennes		9.00 Film: 12 Angry Men			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Sin City Tow		10.00 Mega Shippers	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Guardians of Rescue				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Colossal Machines		9.00 Car S.O.S.		10.00 Life Below Zero: First Alaskans	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Flipping Bangers		9.00 Mountain Men			
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Bangers & Cash					
	121 SKY DOCS	7.00 I Am Johnny Cash				9.00 Becoming Madonna			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.10 A Quiet Place: Day One		8.00 The Fall Guy				10.10 The 4:30 Movie	
	302 ICONS	◂ 5.50 Ghost		8.00 The Holiday					10.20 Lee
	303 HITS	◂ 5.35 Minority Report		8.00 Jason Bourne				10.10 World War Z	
	304 GREATS	◂ 6.05 Top Gun		8.00 Dunkirk			9.50 Jarhead		
	305 ANIMATION	7.00 Madagascar: Escape 2 Africa			8.35 Wallace & Gromit: The Curse of the Were-Rabbit			10.10 The Road to El Dorado	
	306 FAMILY	◂ 6.15 Mr Bean's Holiday		7.55 Big Fat Liar			9.35 Twins		
	307 STUNTS	◂ 6.00 Jack Reacher: Never Go Back		8.00 The Bourne Identity				10.05 The Fall Guy	
	308 COMEDY	◂ 6.10 Pixels		8.00 Dumb and Dumber			9.50 How to Lose a Guy in 10 Days		
	309 THRILLER	◂ 6.00 Missing		8.00 Eye in the Sky				9.55 The Saint	
	310 DRAMA	◂ 5.50 Philadelphia		8.00 Scent of a Woman					
	311 SCI-FI	◂ 5.40 Jaws		8.00 Interstellar					
	313 FILM4	7.05 Taxi				9.00 Mission: Impossible – Fallout			
SPORT	401 MAIN EVENT		7.15 SPFL – Live: Dundee v Rangers (Kick-off 8.00)						10.30 PGA Tour Golf
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL		7.15 SPFL – Live: Dundee v Rangers (Kick-off 8.00)						10.30 EFL Cup...
	404 CRICKET	◂ 2.45 SA20 – Live	7.30 The Best of...	8.00 Big Bash League				10.00 SA20	
	410 TNT SPORTS 1	◂ 6.30 UEFA Champions League Greatest Nights			8.30 Serie A – Full...	9.00 Sign Up – Into Football	9.45 The Rugby Review		10.30 Fishing...
	411 TNT SPORTS 2	7.00 Isuzu UTE A-League		8.00 Vendee Globe...	8.30 One Day International Cricket		9.30 Packer: The Man Who Changed Cricket		

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A scuba team search for a grandfather's motorbike. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition A couple hope to raise funds to help their daughter celebrate her wedding. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

2.00 Lost and Found in the Lakes

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** A Walford pair join forces as a problem presents itself, and Reiss summons the residents of Albert Square. (S)(AD)

8 PM

8.00 NEW SERIES **Dragons' Den** 1/14. Aspiring entrepreneurs pitch their business idea to multimillionaire investors Peter Jones, Deborah Meaden, Touker Suleyman, Sara Davies and Steven Bartlett. (S)(AD)

9 PM

9.00 **The Traitors** New edition 5/12. The game of backstabbing and trust continues with the Traitors plotting their next move. (S)(AD)
■ Continues tomorrow. *The Traitors: Uncloaked* follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Moulin Rouge!** Baz Luhrmann's romantic musical starring Ewan McGregor and Nicole Kidman. In Montmartre, 1899, a young English writer named Christian falls in love with the beautiful Satine, the star of the Moulin Rouge. However, he has to compete for her affections with the wealthy Duke of Worcester, who has promised to bankroll her new show. With Jim Broadbent and John Leguizamo. (S) (2001, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Fake or Fortune?** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **The Great British Year** (S)(R)(AD)
4.15 **Who Do You Think You Are?** Sharon Osbourne investigates her family history. (S)(R)(AD)
5.15 **Flog It!** From Tilbury Docks. (S)(R)
6.00 **Richard Osman's House of Games** New edition Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton take part. (S)
6.30 **Joanna Page's Wild Life** New edition 4/15. The actor helps with the rehabilitation and release of a jackdaw. (S)

10.00 The Traitors: Uncloaked

7 PM

7.00 **Celebrity Antiques Road Trip** *The Repair Shop*'s Julie Tatchell and Amanda Middleditch search for antiques in the West Midlands, joined on their journey by experts James Braxton and Tim Medhurst. (S)(R)

8 PM

8.00 **Digging for Britain** New edition 3/6. Alice Roberts joins a team of archaeologists digging in Orkney, investigating a tomb as old as the great pyramids in Egypt. (S)(AD)

9 PM

9.00 **Miriam Margolyes: Almost Australian** 1/3. The Oxford-born actor, now an Australian citizen, embarks on a 10,000km drive around the country to discover more about the place she calls home. (S)(R)(AD)

10 PM

10.00 **The Traitors: Uncloaked** New edition 5/12. Ed Gamble and his guests discuss developments. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Jack the Ripper: Lucy Worsley Investigates** 1/4. The historian investigates how the Jack the Ripper case shaped the way true crime is covered today. (S)(R)(AD)
12.05 AM **Sign Zone: Gavin & Stacey – A Fond Farewell** Recounting the story of one of Britain's best-loved sitcoms. (S)(R)(AD)
1.05 **Sign Zone: Lucan** 1/3. The 1974 murder of Sandra Rivett. (S)(R)(AD)
2.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Hayley Tamaddon and Dan Whiston take part in the game show. (S)(AD)
3.00 **Lingo** New edition Word-based quiz show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Karen takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

2.30 Pictionary

7 PM

7.30 **Emmerdale** There may be a burgeoning relationship on the cards, while someone suffers hallucinations at Home Farm. (S)(AD)

8 PM

8.30 **Tonight: Keep, Chuck or Cash-In? The Big Clear Out** New edition Professional organiser Dilly Carter reveals the best ways to tackle clutter and how to make cash from unwanted items. (S)

9 PM

9.00 **Coronation Street** Bobby visits Rob to persuade him to donate a kidney to Carla, Dev proposes to Bernie again, David continues to distrust Shona, Abi accuses Toyah of abducting Alfie, and Evelyn departs for university. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Vera, Farewell Pet** Documentary examining the appeal of ITV's detective drama *Vera* as it comes to an end after 13 years. Featuring interviews with cast members, including Brenda Blethyn and David Leon. (S)(R)(AD)
11.35 **Sorry, I Didn't Know** 1/5. Jimmy Akingbola hosts the panel show, with Peter Rethinasamy, Munya Chawawa, Gina Yashere and Fiona Allen joining team leaders Chizzy Akudolu and Eddie Kadi. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Lingo** Game show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 18-20/26. (S8) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 5-8/24. (S10) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In Tuscany, Gill and Robin try to turn an old cantina into a rural hillside retreat. (S)
5.00 **Junior Bake Off** New edition On Dessert Day, the young contenders are tasked to create 'cheesecakes for change'. (S)(AD)
6.00 **A Place in the Sun** New edition Leah Charles-King helps a man locate a 'forever home' in the Coimbra region of Portugal. (S)

9.00 Patience

7 PM

7.00 **News** (S)

8 PM

8.00 NEW SERIES **Sandi's Great British Woodland Restoration** Sandi Toksvig and her wife Debbie attempt to restore their own patch of ancient woodland, starting by felling trees, building wildlife ponds and releasing orphaned owls. (S)(AD)

9 PM

9.00 **Patience** New episode *Paper Mountain Girl – Part Two:* 2/6. Patience is upset when she is questioned by the police after coming under suspicion in the investigation. (S1) (S)(AD)
■ Entire series on C4 streaming

10 PM

10.00 **Merseyside Detectives: The Murders of Ashley and Olivia** 1/4. The case of Ashley Dale and nine-year-old Olivia Pratt-Korbel, who lived within two miles of each other in Liverpool, and were shot less than two days apart. (S)(R)(AD)
11.05 **Merseyside Detectives: The Murders of Ashley and Olivia** 2-4/4. Documentary. (S)(R)(AD)
1.55 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.45 FILM **Playground** Belgian drama starring Maya Vanderbeque. Subtitled. (2021, 15, 75min) ★★★
4.00 **Kirstie's Fill Your House for Free** Upcycled furniture. (S)(R)
4.05 **Frasier** (S7&8) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

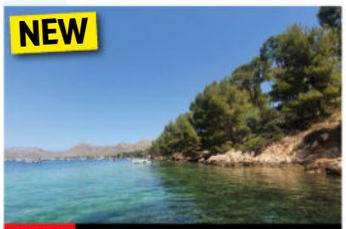
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 **An Aurora Teagarden Mystery: An Inheritance to Die For** Crime drama starring Candace Cameron Bure. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** Tour guide Gill Bird visits the Lobo Wolf Park in the El Torcal mountains. (S)(R)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols in Scotland and northern England. (S)(R)
6.55 **News** (S)



8.00 Majorca: Jewel of the Med

7.00 **Seychelles with Jane McDonald** 2/4. The singer visits the beautiful beaches of Mahé, one of the Seychelles' most iconic islands. (S)(R)
7.55 **News** (S)

8.00 NEW **Majorca: Jewel of the Med** Exploring Majorca's culture, from the Fisherman's Fiesta in Port d'Andratx to the creation of a mural in Petra honouring local women. Joanna Lumley narrates. (S)

9.00 **The Sweets & Treats We Loved & Lost** Series finale 2/2. A look at the sweets and snacks that defined the 1980s, recalling the likes of Woolworths' Pic 'n' Mix, Flake adverts, and the launch of the Wispa. (S)

10.00 **Blood Money: The Curse of the Brink's-Mat Robbery** Police officers and key witnesses reveal the story behind Britain's biggest gold robbery, which took place in November 1983. (S)(R)

11.30 FILM **King of Thieves** Fact-based crime drama with Ray Winstone and Michael Caine. (S) (2018, 15, 125min) ★★
1.35 AM **PlayOJO Live Casino Show**
3.35 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)(AD)
4.25 **Great Artists** (S)(SL)(R)
4.50 **Wildlife SOS** (S)(SL)(R)
5.15 **to 5.25** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 3/13. (S4) (S)(R)
5.00 **The Simpsons** *The Regina Monologues:* The family visit London. With the voices of Tony Blair and JK Rowling. (S)(R) **5.30** *Pin Gal:* A figure from Marge's past returns. (S)(R)
6.00 **The Office (US)** 27/28. Phyllis is taken aback by Bob's new secretary. (S)(R) **6.30** 28/28. Michael and Holly are reunited at a company picnic. (S5) (S)(R)

6.30 The Office (US)

7.00 **The Simpsons** *The Fat and the Furriest:* Homer is filmed fleeing from a wild bear. (S)(R) **7.30** *Today I Am a Clown:* Homer is awarded his own talk show and takes over Krusty's TV slot. (S)(R)

8.00 **Rob & Romesh vs Darts** Rob Beckett and Romesh Ranganathan meet professionals including Luke Littler as they prepare to play a match at Alexandra Palace during the PDC World Championship. (R)

9.00 NEW SERIES **A League of Their Own** Romesh Ranganathan returns with the comedy quiz as regulars Jamie Redknapp, Micah Richards and Jill Scott are joined by Tyson Fury, Maya Jama and Rob Beckett.

10.00 **Ted** *Just Say Yes – Part One:* 1/8. Comedy spin-off from the 2012 film, with the voice of Seth MacFarlane. (S)(R)(AD) **10.30** *Just Say Yes – Part Two:* 2/8. Matty evicts Blaire from his house. (S1) (S)(R)

11.10 **Veep** 5/10. Karen finally pushes Amy too far. (S)(R)(AD) **11.50** 6/10. Selina's joy at snagging Tom James as her VP is short-lived. (S4) (S)(R)(AD)
12.30 AM **The Force: Manchester** (R)
1.30 **Brit Cops: Frontline Crime UK**
2.30 **Road Wars** (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Celebrity Escape to the Country (S)(R) **12.00noon-1.00pm** First Minister's Questions (S) **10.40pm** Sportscene: Premiership Highlights (S) **11.10** FILM Moulin Rouge! (S) (2001, 12, 120min) ★★★★ **1.10am** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
6.45-9.00pm LIVE Match of the Day: The FA Cup (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Video Nasty (S)(R) **11.35pm-12.05am** Video Nasty (S)(R)

WALES
Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up (S) **7.30** EastEnders (S)(AD) **8.00-9.00pm** NEW SERIES Dragons' Den(S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Adre **12.30** Heno **1.00** Ma'i Off 'Ma (AD) **1.30** Gwladfa: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets (AD) **6.30** Clwb Rygbi **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Sgwrs Dan y Lloer **9.50** Priodas Pum Mil **10.50** Tisho Fforc? **11.15-11.45pm** Y Ty Gwyrdd (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Zen Motoring** Ogmios tests out his 'gentle beep'.
7.15 **Top Gear** James competes in a world rallycross race.
8.15 **The Catch Up**
8.20 **The Simple Life** Paris and Nicole receive comfort food from Los Angeles.
9.00 **Dubai Hustle** 1/8. Brits making it in the world of high-end property in Dubai. **9.30** 2/8. Natasha goes after Eddie's biggest client.
10.00 NEW SERIES **Video Nasty** *Tape 72:* 1/6. Comedy drama starring Justin Daniels Anene, Cal O'Driscoll, Leia Murphy and Valerie O'Connor. **10.30** New episode *Kill Scene:* 2/6. On their way to meet their source, Billy, Con and Zoe get lost in middle England. (S1) ■ Entire series on BBC iPlayer
11.00 **Cuckoo** 1&2/7. (S5)
11.50 **Charlie Cooper's Myth Country** Triple bill.
1.25 AM **Top Gear** As 7.15pm.
2.25 **Drugs Map of Britain**
2.55 **to 3.55** AM **Kidnapped: The Chloe Ayling Story**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM FILM **Kelly's Heroes** World War Two action comedy starring Clint Eastwood as an American private leading a mission to steal a fortune in gold bullion. With Telly Savalas and Donald Sutherland. (1970, PG, 143min) ★★★★
9.20 **Clint Eastwood: The Man with No Name** A profile of the actor and director.
10.20 FILM **Where Eagles Dare** World War Two adventure starring Richard Burton and Clint Eastwood. Allied commandos try to rescue a US general from a castle in the Bavarian Alps. With Mary Ure and Patrick Wymark. (1968, PG, 149min) ★★★★
12.50 AM **Cold War, Hot Jets** 1/2. James Holland examines Britain's jet aviation industry during the Cold War.
1.50 **The Cambridgeshire Crucifixion** The discovery of evidence of a Roman crucifixion in Cambridgeshire.
2.45 **to 3.45** AM **Building Britain's Biggest Nuclear Power Station**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the culinary contest from Cumbria.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1973 Dennis fire engine. **6.55** Tim and Fuzz head to Manchester to rescue a Citroën HY van.
7.55 **Grand Designs Revisited** Kevin McCloud revisits a home built on an airfield in Strathaven in Scotland to check on the progress made by Colin MacKinnon and his partner Marta Briongos.
9.00 **24 Hours in A&E** A teenager is rushed in after being struck in the eye during an archery class.
10.00 **Emergency** A 56-year-old patient is coming out of a medically-induced coma, and a 43-year-old moped driver is rushed to hospital after colliding with a car.
11.05 **Emergency Helicopter Medics** An accident with a bonfire leaves a man with serious burns.
12.05 AM **999: On the Front Line**
1.10 **Emergency** As 10.00pm.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 9-12/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **The Big Bang Theory** (S2)
7.30 **Modern Family** 17/22. (S10)
8.00 **The Simpsons** *The Ten-Per-Cent Solution:* Krusty's TV show is cancelled. **8.30** *Holidays of Future Passed:* An adult Bart and Lisa return home for Christmas with their parents.
9.00 **Celebrity Gogglebox** Famous faces appraise *Titanic, Countdown, First Dates* and *Serengeti*.
10.00 **Gogglebox** Programmes reviewed include *The Crown* and *You Won't Believe This*.
11.05 **First Dates**
12.10 AM **Rick and Morty**
12.40 **Mike Tyson Mysteries** New episodes Animation.
1.15 **Naked Attraction**
2.20 **Celebrity Gogglebox**
3.10 **Gogglebox**
4.05 **Teen First Dates**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

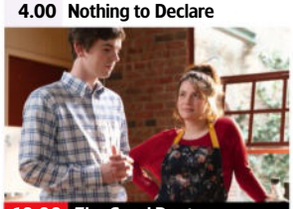
THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 3/22. (S6)
12.00 NOON **FBI** 4/22. (S5)
1.00 PM **FBI: International** 3/22. An American is found murdered in Mallorca. (S2)
2.00 **FBI: Most Wanted** 3/22. The team search for fugitives from a diamond heist. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**



10.00 The Good Doctor

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Ready or Not:* 6/22. Maggie returns from medical leave in time to help the team investigate two homicides. (S5)

9 PM
9.00 **FBI: International** *Get That Revolution Started:* 19/21. The Fly Team work to hunt down a sniper in Belgium. (S1)

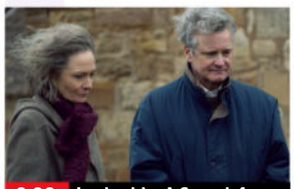
10 PM
10.00 **The Good Doctor** *Xin:* 13/18. Shaun, Audrey and Morgan treat a woman with a brain condition who is also autistic. (S2)
11.00 **The Rookie** 12/20. Nolan has a party now he is single. (S1)
12.00 M'T **Chicago Fire** 4/13. (S12)
1.00 AM **Chicago PD** 2/13. (S11)
2.00 **Chicago Med** 3/13. (S9)
3.00 **FBI** 3/22. (S5)
4.00 **Bull** 4/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
7.50 **The Sopranos** 12&13/13. (S3)
10.10 **Billions** 7&8/12. (S1)
12.15 PM **Game of Thrones** (S1)
1.15 **Boardwalk Empire** 5/12. Agent Knox detains Kessler. **2.20** 6/12. Nucky reconnects with Sally Wheet in Tampa. (S4)
3.25 **The Sopranos** 12/13. Tony's affair with Gloria turns violent. **4.35** 13/13. Jackie Jr goes into hiding after a robbery. (S3)
5.45 **Billions** 7/12. An unknown member of Axe's inner circle turns into an informant. (S1)



9.00 Lockerbie: A Search for...

6.50 **Billions** *Boasts and Rails:* 8/12. Axe gets a tip about a mole inside his company. (S1)
7.55 **Game of Thrones** *Cripples, B****rds and Broken Things:* 4/10. Ned looks for the truth about Jon Arryn's death. (S1)
9.00 **Lockerbie: A Search for Truth** New episode 2/5. As Jim Swire continues his campaign, two suspects are indicted for the bombing. (S1)
10.15 **The Tattooist of Auschwitz** 1/6. Fact-based Holocaust drama starring Jonah Hauer-King and Anna Prochniak.
11.20 **The Tattooist of Auschwitz** 2/6. Lali takes a huge risk to see prisoner 4562 again. (S1)
12.25 AM **The Time Traveler's Wife**
1.30 **Game of Thrones** As 7.55pm.
2.35 **Gomorrah** 8/12. (S2)
3.45 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 4&5/18. (S4)
8.00 **Supergirl** 19/19. (S5)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 2/20. (S6)
1.00 PM **S.W.A.T.** 6&7/18. (S4)
3.00 **Magnum P.I.** 13/20. (S5)
4.00 **MacGyver** 3/13. (S4)
5.00 **DC's Legends of Tomorrow** 12/15. The team play a murder mystery game. (S6)
6.00 **Stargate Universe** 7/20. Scientists on Earth propose a way to bring the crew home, but the plan carries risks. (S1)

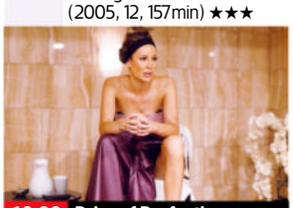
9.00 A League of Their Own

7.00 **Stargate Universe** *Time:* 8/20. The crew members land on a jungle-like planet and contract a mysterious illness. (S1)
8.00 **Rob & Romesh vs Darts** The boys play a match at Alexandra Palace during the World Championship.
9.00 **NEW SERIES A League of Their Own** Romesh Ranganathan hosts, with guests Tyson Fury, Maya Jama and Rob Beckett.
10.00 **Ted** 1/8. Comedy spin-off from the film with the voice of Seth MacFarlane. **10.30** 2/8. Matty evicts Blaire from his house. (S1)
11.10 **The Force: Manchester**
1.10 AM **Brit Cops: Frontline Crime UK** Documentary.
2.10 **Road Wars** Vehicle crime.
3.00 **Magnum P.I.** 13/20. Katsumoto goes undercover when a chef at a high-end restaurant goes missing. (S5)
4.00 **MacGyver** 3/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 12/23. (S6)
3.55 **Gilmore Girls** 10/22. (S3)
4.55 **Dinner Date**
5.55 **FILM Harry Potter and the Goblet of Fire** Fantasy sequel starring Daniel Radcliffe. (2005, 12, 157min) ★★★



10.00 Price of Perfection

FILM Harry Potter and the Goblet of Fire (film started at 5.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Family Guy** 3/20. Quagmire uses Brian. **9.30** 4/20. Peter recreates scenes from iconic 1980s films. (S20)
10.00 **Olivia Attwood: The Price of Perfection** Olivia meets women willing to discuss their insecurities about their vaginas.
11.00 **Family Guy** 5/20. (S20) **11.35** 17/22. (S3)
12.05 AM **American Dad!** (S16)
1.05 **Bob's Burgers** 14&15/22. (S7)
2.05 **Deep Fake Neighbour Wars**
2.35 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat**
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *The Things We Do for Love:* A woman is found dead in a car park.
6.00 **Heartbeat** *Against the Odds:* Greengrass becomes a racehorse trainer, while former copper Blaketon's instincts alert him to council corruption.

10.00 Unforgettable

7.00 **Heartbeat** *Desperate Measures:* Bernie reveals a hidden talent and Maggie struggles to cope with a family in crisis.
8.00 **Vera** *Telling Tales:* DCI Vera Stanhope sets out to solve the murder of a teenage girl 11 years earlier, exposing the secrets and lies of a close-knit community. Guest stars Hugo Speer.
10.00 **Unforgotten** 1/6. A body is found in a scrapyard and the team believe the remains had been stored in a domestic freezer. (S4)
11.00 **Wire in the Blood** 4/4. Panic grips Bradfield as a murderer targets vulnerable members of the community. (S2)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Darts Dreams** Chloe O'Brien's bid to be selected for the Scottish ladies' darts team.
8.00 **Paramedics on Scene** Paramedics attend to a woman following a suspected assault.
9.00 **Mrs Brown's Boys** 1/6. Agnes tries to solve Dermot's relationship problems. (S1)
9.30 **Two Doors Down** 1/6. Christine receives a PPI refund windfall. (S2)
10.00 **Jules and Greg's Wild Swim** 1/5. Julie Wilson Nimmo and Greg Hemphill head to Barra. **10.30** 2/5. Julie and Greg try bodysurfing.
11.00 PM **to 12.00** M'T **Evicted: Tenants on the Edge** Four renters who face being pushed out of their homes.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 3&4/10. (S2)
9.15 **The Conners** (S1)
10.10 **Silicon Valley** (S1)
11.20 **Barry** 7&8/8. (S1)
12.40 PM **Entourage** (S3)
1.45 **Silicon Valley** (S1)
3.05 **Barry** 7&8/8. (S1)
4.30 **Ballers** 3&4/10. (S2)
5.50 **The Office (US)** (S5)
6.50 **The Conners** (S1)
7.50 **Ballers** 7/10. Spencer settles Vernon's debt. **8.25** 8/10. The fallout from Angie's blackmail scam continues. (S1)
9.00 **Rosie Molloy Gives Up Everything** 1/6. Comedy starring Sheridan Smith. **9.35** 2/6. Rosie decides it is better to cut down than give up completely. (S1)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.10 **Veep** 5&6/10. (S4)
12.30 AM **Flight of the Conchords** 3&4/12. (S1)
1.50 **Barry** 7&8/8. (S1)
3.20 **to 5.00** AM **The Righteous Gemstones**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Andrea Bocelli: The Journey**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Landscape Artist of the Year 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Discovering**
9.00 **FILM 12 Angry Men** Legal drama. (1957, b/w, U, 95min) ★★★★★
10.50 **Classic Movies: The Story of the Ladykillers**
11.50 **Katharine Hepburn: Call Me Kate**
1.50 AM **Inside Guggenheim**
3.05 **Art's Wildest Movement**
4.20 **Johnny Cash: A Legend in Concert**
5.10 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 4/26. (S6)
5.00 **Atlantis** 4/13. (S2)
6.00 **Star Trek: Deep Space Nine** 24/26. (S6)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** 2/25. (S7)
9.00 **Forensics: Catching the Killer** How David Morley was beaten to death. **10.00** The murder of mother Karen Doubleday.
11.00 **Killer in My Village**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Made in Italy**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition A shack.
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Made in Italy**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **Botched** Medical series.
10.00 **Botched by Nature**
11.00 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Hart to Hart** 7/23. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 4/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 16-19/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *When the Spirit Moves You:* 16/26. A big-time crook gives Jeff 24 hours to come up with £125,000 in bonds or face death. (S1)
10.00 **The New Avengers** *Cat Among the Pigeons:* 5/13. An ecologist is threatened. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **The Adventures of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **The Adventures of Sherlock Holmes**
1.30 **Magnum, PI**
2.30 **Kojak**
3.35 **Minder**
4.40 **The Professionals**
5.50 **BattleBots** New edition

9.00 Red Heat

6.55 **The Motorbike Show** Henry Cole goes green-laning in Oxfordshire and visits speed week in Yorkshire.
7.55 **Junk and Disorderly** Henry Cole works against the clock to restore a so-called belly pump from the 1920s.
9.00 FILM **Red Heat** Action thriller starring Arnold Schwarzenegger. A tough Soviet policeman and a wisecracking Chicago cop team up to track down a ruthless drug dealer. (1988, 18, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Two and a Half Men**
12.05 AM **The Professionals**
1.00 **Minder**
1.55 **Auto Mundial**
2.20 **Motorsport Mundial**
2.45 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 17/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 10/26. (S5)
2.00 **Warehouse 13** 4/13. (S1)
3.00 **Stargate SG-1** 19/22. (S7)
4.00 **Star Trek: Voyager** 9/16. (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 17/22. Geordi is taken hostage and Picard's life is put in danger. (S2)

11.00 Hannibal Rising

7.00 **Warehouse 13** *Magnetism:* 4/13. Pete and Myka investigate a town whose inhabitants' minds are being altered. (S1)
8.00 **Stargate SG-1** *Resurrection:* 19/22. The team investigate cross-species cloning at a secret laboratory. (S7)
9.00 **The Walking Dead** *Vatos:* 4/6. Rick and his posse arrive in Atlanta and discover Merle is not where they left him. (S1)
10.00 **Grimm** *Lonelyhearts:* 4/22. A woman is struck by a car and killed while suffering from terrifying hallucinations. (S1)
11.00 FILM **Hannibal Rising** Horror thriller prequel with Gaspard Ulliel, Gong Li and Rhys Ifans. (2007, 18, 116min) ★★★
1.15 AM FILM **Moon Crash** Sci-fi thriller starring Jeremy London, Tyler Christopher and Jamison Jones. (2022, PG, 89min) ★★
3.05 **Spawn** 3&4/6. (S1)
4.05 **to 6.00** AM **Most Haunted US**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 5/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 5/16. Charlie and Rex investigate a fantasy role-playing game. (S2)
6.00 **Father Brown** *The Flower and the Fairway:* A body is discovered in the reeds on a golf course near Kembleford.

10.00 Far North

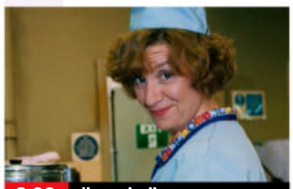
7.00 **The Mentalist** *The Red Mile:* 18/24. The agents track down the killer of a man who believed he was abducted by aliens. (S3)
8.00 **White Collar** *Burke's Seven:* 10/16. Burke is framed for attempted murder, and he is suspended from duty. (S2)
9.00 **Father Brown** *The Last Tango in Kembleford:* The competitive atmosphere at a local dance school leads to a dance with death.
10.00 NEW SERIES **Far North** 1/6. Crime comedy drama starring Robyn Malcolm. *See feature, page 12.* (S1)
■ Entire series on U
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Hudson & Rex** As 5.00pm.
2.00 **Murdoch Mysteries** 1/13. Murdoch investigates the crash of an aircraft. (S6)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**


8.00 dinnerladies

7.20 **Dad's Army** Wilson struggles to get the platoon out of the pub and on parade.
8.00 **dinnerladies** Philippa has a bright idea for raising the kitchen staff's spirits.
8.40 **Miranda** Miranda tries to add excitement to her life, so goes on a trip to a hotel across the road.
9.20 **Gavin & Stacey** The Shipmans drive to Wales for the wedding fayre.
10.00 **The Royle Family** The wedding is put at risk after Denise accuses Dave of a heinous crime.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.10 **Miranda** As 8.40pm.
1.50 **Gavin & Stacey** As 9.20pm.
2.30 **The Royle Family**
3.00 **Last of the Summer Wine**
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers: Best Of** New edition
1.00 PM **American Pickers**
2.00 **Speed with Guy Martin**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** From Japan.
6.00 **Rick Stein's Cornwall** Rick meets chef Tom Adams. **6.30** Rick discovers an unusual superstition.

12.00 American Pickers: Best Of

7.00 **QI** With guests Jeremy Clarkson, Vic Reeves and Clive Anderson.
7.40 **Richard Osman's House of Games** Participants include Josie Lawrence and Laura Whitmore. **8.20** With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.
9.00 **QI XL** Sandi Toksvig quizzes Sally Phillips, Josh Pugh, Aaron Simmonds and Alan Davies on the topic of upbringing.
10.00 **Have I Got a Bit More News for You** Martin Clunes hosts the satirical quiz, with guests Kirsty Wark and Jon Richardson.
11.00 **8 Out of 10 Cats** With Phil Wang and Gabby Logan.
11.40 **Mock the Week**
1.00 AM **QI** As 7.00pm.
1.40 **Survivor South Africa**
2.45 **Release the Hounds**
3.35 **to 4.00** AM **Travel Man: 48 Hours in Athens**

+1 hour 211/212 327 74

Thursday 7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 18-20/24. (S7)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Eat Smart: Secrets of the Glucose Goddess**
8.00 **Kirstie and Phil's Love It or List It** A couple from Chester need help deciding whether to sell or renovate their home.
9.00 FILM **Nobody** Drama with Bob Odenkirk and Connie Nielsen. (2021, 15, 88min) ★★★★
10.50 **8 Out of 10 Cats Does Countdown** With Sarah Millican and Alan Carr.
11.50 **The Big Fat Quiz of Everything** With Harry Hill and Roisin Conaty.
1.50 AM **The Great New Year Bake Off 2024/25**
3.10 **Jamie's £1 Wonders & Money-Saving Meals**
4.10 **to 4.40** AM **A Place in the Sun**

5USA

141/169 120/162 21 129

9.00 AM **NCIS: Hawaii** (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Silent Night:* 11/25. A robbery is committed by a man believed to be dead. **7.00** *Caged:* 12/25. McGee tries to quell a crisis in a women's prison. **8.00** *Broken Bird:* 13/25. Ducky is accused of war crimes. (S6)
9.00 **Blue Bloods** 8/22. (S6)
10.00 **Law & Order: Special Victims Unit** *Quickie:* 11/24. Stabler and Benson investigate the death of a young girl. **11.00** *Shadow:* 12/24. A wealthy couple are found dead. (S11)
12.00 M'T **NCIS: Hawaii** (S1)
1.55 AM **Law & Order: Special Victims Unit**
2.50 **Law & Order: Criminal Intent** 1/22. (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** New edition A woman with a severe glass cut.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **The Hospital: Life on the Line**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Outback Truckers**
10.30 **Traffic Cops**
11.30 **Police Interceptors**
12.30 PM FILM **Seven Ways from Sundown** Western. (1959, PG, 87min) ★★
2.15 FILM **The Kid from Texas** Western drama. (1949, U, 78min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors** The Knife Crime team get to grips with a suspect with somthing to hide. **7.00** Interceptors are on the tail of a Transit van. **8.00** Officers pursue a transit van tearaway.
9.00 **Trucking Hell** Rescuing a 17-ton telehandler.
10.00 **Outback Truckers**
11.00 **Extreme Tow Truckers**
12.00 M'T **World's Strongest Man 2024**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance: Coast and Country** Documentary.
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Veteran Street**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** The *TOWIE* star immerses himself in the emotional world of dog care at Basildon's Dogs Trust rehoming centre.
8.00 **Inside the Ambulance** Paramedics treat a woman trapped in her car after a crash.
9.00 **999 Rescue Squad**
11.00 **Aaron Hernandez Uncovered**
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Death Comes to Pemberley** 2/3. Wickham's arrest threatens Darcy and Elizabeth's marriage. (S1)
9.20 **New Tricks** *Diamond Geezers:* The team track a vicious criminal. **10.40** *Wicca Work:* The team track down witches.
12.00 M'T **Bergerac**
1.10 AM **Atlantic Crossing**
2.35 **The Upper Hand**
3.00 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Destinations of the Damned with Zak Bagans** New edition Zak Bagans sends his team to investigate otherworldly portals at a Malaysia mansion.
10.00 **The Dead Files** New edition Activity at a Chicago tattoo parlour.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Bob's Full House**
11.40 **Bruce Forsyth's Generation Game**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze**
6.00 **Bob's Full House**
6.40 **Bruce Forsyth's Generation Game**
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Warwick Davis hosts as a team of five friends united by their love of Scrabble take part in the quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Battle of Kursk**
9.00 **FILM Wild Wind** World War Two adventure. (1985, PG, 100min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Face of a Fugitive** Western. (1958, U, 81min) ★★
2.50 **FILM Shadow on the Mesa** Western. (2013, PG, 115min) ★★
4.45 **FILM Angel and the Badman** Western. (1947, b/w, U, 100min) ★★★
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Alone We Fight** Thriller. (2018, 15) ★★
11.00 **FILM French Connection II** Thriller sequel. (1975, 18, 119min) ★★★★
1.40 AM **FILM Collision Earth** Sci-fi drama. (2020, 12, 90min) ★
3.40 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Willed to Kill** Thriller. (2012, 12) ★★★
11.05 **FILM Lies and Deception** Thriller. (2005, PG, 82min) ★
1.00 PM **FILM Did I Kill My Mother?** Mystery thriller. (2018, 12, 90min) ★★
2.55 **FILM The Other Mother** Fact-based drama. (1995, PG, 90min) ★★
4.50 **FILM The Nurse** Drama. (2014, PG, 89min) ★★
6.45 **FILM Cheaper by the Dozen** Comedy. (2003, PG, 98min) ★★★
9.00 **FILM Wanted** Fantasy. (2008, 18) ★★★
11.15 **FILM Hitman: Redemption** Thriller. (2019, 15, 104min) ★★★
1.30 AM **FILM Lost Letter Mysteries: Truth Be Told** Drama. (2015, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Circle of Friends** Thriller. (2006, PG) ★★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM Date with Love** Comedy. (2016, U) ★★
10.05 **FILM One of a Kind Love** Drama. (2021, PG) ★★
12.00 NOON **FILM Love, Romance and Chocolate** Drama. (2019, U) ★★
2.00 PM **FILM Make Me a Match** Romantic drama. (2023, U, 85min) ★★
4.00 **FILM The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★
6.05 **FILM Love By Chance** Romantic comedy. (2016, PG, 115min) ★★
8.00 **FILM A Perfect Pairing** Romantic comedy. (2022, 12, 101min) ★★
9.50 **FILM Love on the Rise** Romantic drama. (2020, U, 86min) ★★
11.45 **FILM Lead with Your Heart** (2015, PG) ★★
1.50 AM **Highway to Heaven**
2.55 **to 5.00** AM **FILM Sincerely, Yours, Truly** Drama. (2020, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Fantasy Island** (S1)
10.00 **Bewitched** 34/36. (S1)
10.30 **Watching** 1/9. (S4)
11.00 **A Fine Romance** (S1)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Dick Turpin** (S3)
1.00 PM **Sherlock Holmes**
2.00 **FILM The Early Bird** Farcical comedy. (1965, U, 95min) ★★
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 1/9. (S4)
6.00 **Bewitched** 34/36. (S1)
6.30 **Thriller** 3/10. (S1)
7.50 **Mysterious Tales** (S1)
8.00 **Dick Turpin** 3&4/5. (S3)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Monkey** 22/26. (S1)
12.30 AM **FILM The Early Bird**
2.30 **Police Woman** (S1)
3.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Bitchin' Rides**
7.00 **Deadliest Catch** Icy blasts threaten to capsize the *Wizard*. **8.00** Trapped in the northern grounds, a boat faces a 60-foot wave.
9.00 **Monsters Inside Me** An insidious creature takes up residence in a man's spleen. **10.00** A brain disease pushes a girl toward suicide, and an infection rips a man's leg apart.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin: Delicious** Watercress.
6.30 **James Martin's United Cakes of America**
7.00 **The Pioneer Woman**
9.00 **Hairy Bikers' Mississippi Adventure**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **Hairy Bikers' Mississippi Adventure**
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's Islands to Highlands**
10.00 **James Martin's United Cakes of America**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 26/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 14/22. (S2)
11.00 **FILM Tombstone... The Town Too Tough to Die** Western. (1942, b/w, U, 79min) ★★
12.35 PM **FILM Buffalo Bill and the Indians** Western. (1976, PG, 118min) ★★★
3.00 **FILM Eagle's Wing** Western. (1978, PG, 111min) ★★★★
5.00 **Star Trek** 20/24. (S3)
6.00 **T.J. Hooker** 15/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM The Wild Geese** Action adventure. (1978, 15, 134min) ★★★
11.35 **FILM Hannie Caulder** Western. (1971, 15) ★
1.20 AM **FILM The Two Faces of Dr Jekyll** Horror. (1960, 15, 88min) ★★
3.05 **to 4.50** AM **FILM Stake Land II** Horror sequel. (2016, 15, 85min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM 2021: War of the Worlds** As 5.00pm.
8.00 **FILM The Gambler III: The Legend Continues** Western drama sequel. (1987, PG, 90min) ★★
10.00 **Andromeda** 18/22. (S5)
11.00 **FILM The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
1.00 PM **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
3.00 **Andromeda** 18/22. (S5)
4.00 **Star Trek** 5/30. (S1)
5.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
7.00 **Andromeda** 19/22. (S5)
8.00 **Star Trek** 6/30. (S1)
9.00 **FILM Man Down** Drama starring Shia LaBeouf. (2015, 15, 90min) ★★
10.50 **FILM Jiu Jitsu** Thriller starring Nicolas Cage. (2020, 15, 102min) ★★
1.00 **to 3.00** AM **FILM Man Down** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters...**
11.10 **Phantom Signals**
12.10 PM **Strangest Things**
1.05 **Egypt's Unexplained Files** Volcanoes.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters Down Under**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Alien Corridors** New edition
10.00 **UFOs: Lost Evidence**
11.00 **Alien Autopsy: The Search for Answers**
12.00 M'T **Alien Files: Unsealed**
1.00 AM **Close Encounters...**
2.00 **Phantom Signals**
3.00 **Hardcore Pawn**
3.25 **Auction Kings**
4.10 **to 6.00** AM **Ancient...**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.05 **Nick Knowles' New Year Clearout**
10.05 **Nick Knowles' Big House Clearout**
11.05 **Ben Fogle: New Lives in the Wild** Double bill.
1.05 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Althorp House: A Royal Residence** A look at the stately home.
9.00 **The Queen Mother: A Life in Pictures** The life of the King's grandmother through photographs.
10.00 **Inside the Tower of London** Documentary.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.05 AM **Bargain-Loving Brits in the Sun**
3.05 **Nick Knowles' New Year Clearout**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Searching for a property in rural Herefordshire on a budget of £500,000.
9.00 **Christina in the Country** Transforming a dark kitchen into a more functional space.
10.00 **Flipping 101 with Tarek El Moussa** Two friends buy a house together and discover major foundation issues.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life** With former plus-size model and advocate Renee.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Strange Love**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 2&3/25. (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 18&19/22. (S7)
1.00 PM **Friends** (S5&6)
9.00 **FILM My Cousin Vinny** Legal comedy starring Joe Pesci as an inexperienced lawyer who defends his cousin in a murder case. (1992, 15, 119min) ★★★★
11.20 **Michael McIntyre: Happy & Glorious**
12.20 AM **Jack Whitehall: Comedy Central Live**
12.50 **Beavis and Butt-Head**
1.50 **Lee Evans Live from the West End**
3.10 **The Ricky Gervais Show** 4/13. (S2)
3.35 **The Daily Show** New edition Talk show.
4.00 **Beavis and Butt-Head**
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 22&23/24. (S4)
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **FILM Daria: Is It College Yet?** Animation with the voice of Tracy Grandstaff. (2002, 12, 66min) ★★
4.00 **New Girl** 2&3/25. (S2)
5.00 **Becker** 22&23/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** (S5)
1.00 AM **The Ren & Stimpy Show** 9&10/14. (S4)
2.00 **The Roast of Charlie Sheen** Comedy tribute.
3.20 **Al Murray: One Man, One Guvnor Uncut**
4.05 **Jack Whitehall: Comedy Central Live**
4.30 **Jimmy Carr: Making People Laugh**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Stop, Search, Seize** Documentary.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 4/12. (S4)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** 7&8/21. (S1)
9.00 **SurrealEstate** *Quarantine:* 7/10. The team return from a particularly tough case. **10.00** *Baba O'Reilly:* 8/10. The team are exposed on TV. (S1)
11.00 **For Life** 4/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **A League of Their Own Road Trip**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 3/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **MTV Cribs** With Atlanta Housewife Kenya Moore. **8.30** With social media stars The Sharp Twins.
9.00 **Inside Nandos** A look at the inside story of the chicken restaurant.
10.00 **Jersey Shore Family Vacation** New edition The gang settle in for an summer at the Shore, reliving the glory days.
11.00 **Me & My Sugar Daddy**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Camille witness the dangers of ceiling beams in 'beam bruised'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold** Andy must re-engineer the entire water circulation system. **4.00** A routine mining decision leads to disaster.
5.00 **Deadliest Catch** Josh and Casey attempt Johnathan's strategy for tracking king crab.
6.00 **Wheeler Dealers World Tour**

7.00 Salvage Hunters

7.00 Salvage Hunters Drew heads to Oswestry, Shropshire, to visit a salvage business that specialises in upcycling.

8.00 Kindig Customs Dave and Kev take the show to the American Midwest, as more than 2,500 cars descend on a drag strip.

9.00 Sin City Tow Elmer has a blowout with his boss, Pineapple rips into a new driver, and Nick deals with a raging customer.

10.00 Mega Shippers Problems occur when a load-master stows a super yacht on a vessel carrier.
11.00 **Border Control: Europe** A passenger is found to have a secret stash in his pants. **11.30** Many stolen phones are uncovered in Barcelona.
12.00 M'T **Street Outlaws**
1.00 AM **Sin City Tow** As 9.00pm.
2.00 **Mega Shippers** As 10.00pm.
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Expedition Bigfoot**
4.00 **Saved by the Barn** Chris saves two goats in serious need of medical attention.
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a dog that jumped from a fast-moving car.
6.00 **Extinct or Alive** Forrest Gallante searches for species thought long dead.

8.00 Guardians of Rescue

7.00 Amanda to the Rescue A miniature schnauzer with a suspected liver shunt needs complicated and costly surgery.

8.00 Guardians of Rescue Moose and Elle confront a man accused of animal abuse, while Rob and Dori rescue a dog from a chain.

9.00 Guardians of Rescue Brian and Face help a woman whose neighbour is provoking her dog.

10.00 Alaska: The Last Frontier Otto's hay season nearly comes to a halt when a broken tractor forces him to get creative.
11.00 **Into the Shark Bite** Inside the mouth of the ocean's most feared predator.
12.00 M'T **Return to the Isle of Jaws** Documentary.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Air Crash Investigation**
3.00 **The City Under the Sea: Drain the Oceans**
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** Tim and Fuzz restore a 1930 Ford Model A.
6.00 **Construction Fails** Disasters involving cranes used in urban construction.

8.00 Colossal Machines

7.00 Air Crash Investigation A cockpit voice recorder solves the mystery behind a crash that killed five of the eight people on board.

8.00 NEW SERIES Colossal Machines A jet vehicle that can break the sound barrier and a magnetic levitation train.

9.00 Car S.O.S Tim Shaw and Fuzz Townshend go to France in search of a war veteran's old car, and return it to its old owner.

10.00 Life Below Zero: First Alaskans New edition The indigenous peoples of Alaska are turning to the values of the past.
11.00 **Air Crash Investigation** The 2004 Flash Airlines crash.
12.00 M'T **Situation Critical**
1.00 AM **Paranatural**
2.00 **Money Meltdown**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **When Sharks Attack**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **History's Greatest Aircraft**
7.45 **Dirty Old Cars**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Secret Societies: In the Shadows** Le Cercle.
1.00 PM **Dirty Old Cars**
2.00 **Winston Churchill's War**
4.00 **Pawn Stars** Four editions of the documentary, including at: **5.30** An old X-ray unit.
6.00 **American Pickers** Robbie and Jersey comb through a cache of architectural salvage.

9.00 Mountain Men

7.00 Forged in Fire Two smiths handpicked by Doug and Dave attempt to dent Ben Abbott's undefeated record of 8-0.

8.00 Flipping Bangers Will and Gus track a Triumph Herald with two previous owners and 50,000 miles on the clock.

9.00 Mountain Men New edition Marty battles the brutal Alaskan winter while running his wildfire-ravaged trapline.

10.00 Mountain Men New edition Bret and Ivy go from checking traps to hunting moose, while Jake tracks a killer lion.
11.00 **Mission Unexplained**
12.00 M'T **Pawn Stars**
2.00 AM **Ross Kemp: Mafia and Britain** The actor, journalist and investigator reveals the surprising influence the Mafia has within the UK.
3.00 **Flipping Bangers** As 8.00pm.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The World at War**
11.00 **Adolf Hitler's War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War**
5.00 **Adolf Hitler's War** The war moves to its end as the Soviets cross the German border.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Walmer Castle in Kent.

8.00 Bangers & Cash

7.00 Great American Railroad Journeys Michael Portillo travels from St Louis to Jefferson City, Missouri.

8.00 NEW SERIES Bangers & Cash Dave Mathewson collects a 1965 Land Rover from a stately home.

9.00 Bangers & Cash Derek checks out an abandoned 1985 Renault 4 and an MGB Roadster hidden for 36 years.

10.00 Bangers & Cash Dave is in Lincolnshire picking up a 1935 Riley Falcon – a good-looking saloon car with a pre-select gearbox.
11.00 **Abandoned Engineering** The underground base with the power to destroy a nation.
12.00 M'T **Great Continental Railway Journeys** Michael travels to the heart of the Champagne region at Reims.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Thursday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers** Triple bill, including at: **9.00** A Peugeot 205 T16 inspires Mike.
10.00 **Richard Hammond's Workshop** Richard pushes the Smallest Cog to clinch their most important restoration.
11.00 **The Repair Shop** The experts restore a 1930s pinball machine.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Curvy Brides Boutique**
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** Carla Fuqua.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **Evil Lives Here**
11.30 **Signs of a Psychopath**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** A loving couple were gunned down.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** A British diver who got lost at sea off the Australian coast. **7.30** A motorist risks her life to save a family.
8.00 **Cold Justice** The brutal murder of Eloise Payne.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 **The Hunt For the Chameleon Killer** A gruesome 1990 murder in Florida leads to a transatlantic hunt.
11.00 **Descent of a Serial Killer** The crimes of Robert 'Bobby' Joe Long.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **The Hunt for the Chameleon Killer**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files**
11.00 **Medical Detectives**
2.00 PM **Donal MacIntyre's Murder Files**
4.00 **Medical Detectives** The case of a mysterious death of a baby that turned out to be murder. **4.30** A true crime fan helps solve an Ohio missing persons case. **5.00** Local authorities investigate a case of thallium poisoning. **5.30** A young Colorado mother vanishes on Thanksgiving Day. **6.00** The capture of American serial child murderer, John Joubert. **6.30** An 18-year-old disappears on her way to a family ski trip.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **What the Killer Did Next** True-crime.
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching...**
6.00 **What the Killer Did...**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer** Sarah Payne.
11.00 **The Bambers: Murder at the Farm**
1.00 AM **Who Killed Jill Halliburton Su?**
2.05 **Snapped** Documentary.
3.00 **Brit Cops: War on Crime**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Lost World of Angkor Wat** As 5.55pm.
9.25 **Full Steam Ahead**
10.40 **Jungle War**
11.50 **Dreadnought Destruction: Sinking the German High Seas Fleet** Documentary.
1.00 PM **Lost World of Angkor Wat** As 5.55pm.
2.20 **Full Steam Ahead**
3.40 **Jungle War**
4.50 **Dreadnought Destruction: Sinking the German High Seas Fleet** Documentary.
5.55 **Lost World of Angkor Wat** The secrets of the Khmer empire.
7.10 **Full Steam Ahead**
8.25 **Jungle War**
9.35 **Dreadnought Destruction: Sinking the German High Seas Fleet** Documentary.
10.45 **Full Steam Ahead**
12.00 M'T **Jungle War**
1.05 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Guest Wing**
7.00 **Discovering: Rod Steiger**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Rolling Stone: Stories from the Edge**
11.00 **Urban Secrets**
12.00 NOON **All That Breathes**
2.00 PM **Chernobyl: The Lost Tapes**
4.00 **The Directors**
5.00 **Discovering: Rod Steiger**
6.00 **The Sixties**
7.00 **I Am Johnny Cash** A celebration of the life of the country singer-songwriter.
8.45 **My Icon: Ebony Rainford-Brent**
9.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom.
11.00 **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002.
12.50 AM **Pete Doherty: Stranger in My Own Skin** Documentary.
2.40 **Assassins** Documentary.
4.40 **My Icon: Sarah Storey**
5.00 **to 6.00** AM **Discovering: Rod Steiger**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Nomads of the Serengeti**
11.00 **Orangutan Jungle School**
12.00 NOON **Arabian Inferno**
1.00 PM **Monkey Life** Double bill.
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Nomads of the Serengeti**
5.00 **Coastal Africa**
6.00 **Arabian Inferno**
7.00 **Monkey Life** Double bill.
8.00 **Islands** A look at the ecosystems of six islands, beginning with Vancouver.
9.00 **A Cheetah's Pride** A pair of warring cheetahs fight for possession of their cubs.
10.00 **Arabian Inferno**
11.00 **Coastal Africa**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Israel**
2.00 **Islands** As shown at 8.00pm.
3.00 **A Cheetah's Pride** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.50 **Winston Churchill's War**
8.50 **Traitors** Documentary.
10.00 **Phantom Signals**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Britain's Secret Islands**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Winston Churchill's War**
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters** Double bill.
8.00 **Egypt's Unexplained Files**
9.00 **Dark Marvels: Killing Machines** The dark stories behind some of history's most notorious methods of execution.
10.00 **Clash of the Gods**
11.00 **8 Days That Made Rome**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** The history of Chester.
3.00 **Secrets of Great British Castles** Caernarfon Castle.
4.00 **Weird or What? With William Shatner** A physicist predicts a cataclysm will destroy the world.
5.00 **to 6.00** AM **Close Encounters**

Crime+Investigation

156 837 133

6.00 AM **The First 48 Presents...**
7.00 **Homicide Hunter**
8.00 **After the First 48**
9.00 **Murdertown** Pennie Davis.
10.00 **Murder By Medic**
11.00 **Green Eyed Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Killer Town** Frances Thompson.
3.00 **Killer Britain with Dermot Murnaghan** Michael Sams.
4.00 **Murdertown** Jane Hings.
5.00 **Cold Case Files**
6.00 **The First 48 Presents: Critical Minutes**
7.00 **After the First 48**
8.00 **Murder By Medic**
9.00 **Cops Gone Bad with Will Mellor** True-crime series.
10.00 **Interrogation Raw** New edition
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Cops Gone Bad...**
2.00 **Interrogation Raw**
3.00 **Murder By Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Europe's New Wild**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Peru's Wild Kingdom**
3.00 **Russia's Wild Tiger**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Two reindeer that are vital to the survival of their herd are treated for serious injuries.
8.00 **Alaska Fish Wars** The fishermen try to make a fortune during the peak season.
9.00 **Last of the Giants: Wild Fish** Powerful waves force Cyril into the path of poachers.
10.00 **Incredible Animal Journeys**
11.00 **Alaska: The Next Generation**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Extinct or Alive: The Lost Shark** As shown at 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project**
8.00 **Extinct or Alive: The Lost Shark** Forrest Galante searches for the Pondicherry shark.
9.00 **Combat Dealers**
10.00 **Shed and Buried** Henry Cole and Sam Lovegrove examine items in Herefordshire. **10.30** Henry and Sam uncover vintage agricultural equipment.
11.00 **World's Greatest Motorcycle Rides** In the Everglades.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
7.00 **Abandoned Engineering** Exploring hidden tunnels that saw a city prosper, and a mysterious Cold War building. **8.00** A village ruin that is now pitted and scarred, a bridge to nowhere hidden in a forest and metal structures in a wood. **9.00** An abandoned prison beneath the water and a tunnel in the heart of a mountain. **10.00** Concrete channels hidden in a mountaintop forest, and a marooned military base. **11.00** A towering structure with an explosive past, a mysterious top-secret facility and a vast Nazi construction. **12.00** M'T A devastated cliff-top ruin, an extraordinarily tall tower and a heavy metal monster in a field all feature.
1.00 AM **Abandoned Engineering**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **True Crime with Aphrodite Jones**
9.00 **I'd Kill for You** Double bill.
11.00 **Who the (Bleep) Did I Marry?**
1.00 PM **The Murder Tapes**
3.00 **Murder Chose Me**
5.00 **The Killer in My Family**
7.00 **Evil Online** A case in which a divorced woman went missing after accepting a date arranged via Facebook. **8.00** A case in which a 15-year-old girl agreed to meet up with one of the boys she had encountered on Facebook.
9.00 **The Real Story with Maria Elena Salinas** The 2003 murder of 62-year-old Mexican immigrant Felipe Ulloa, who was found in his burning truck along railroad tracks in Illinois.
10.00 **Mean Girl Murders** Jealousy spirals out of control in the female fitness world.
11.00 **Undercover Underage**
12.00 M'T **I Almost Got Away with It**
2.00 AM **The Killer in My Family**
4.00 **to 6.00** AM **Evil Online**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Bad Chad Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** The pressure is on when Richard decides to compete at an NEC show.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Roadworthy Rescues**
9.00 **Bad Chad Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

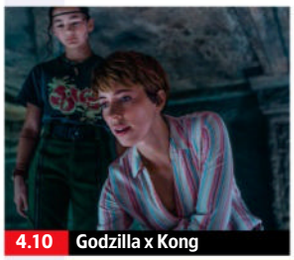
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.10 AM **The Night Before Christmas in Wonderland**
8.50 **The 4:30 Movie** As 10.10pm.
10.30 **I.S.S** As shown at 11.45pm.
12.20 PM **The Fall Guy** As 8.00pm.
2.30 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
4.10 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
6.10 **A Quiet Place: Day One** Horror starring Lupita Nyong'o. (2024, 15, 100min) ★★★★



4.10 Godzilla x Kong

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The 4:30 Movie Comedy with Austin Zajur. During the 1980s, a teenager and his friends sneak into different movie theatres. (2024, 15, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **I.S.S** Sci-fi suspense thriller. (2023, 15, 95min) ★★★
1.25 AM **The Convert** Action drama. (2024, 15, 119min) ★★★★
3.35 **Christmas Eve in Miller's Point** Festive comedy drama. (2024, 12, 106min) ★★★★
5.30 **to 7.10** AM **The Night Before Christmas in Wonderland** Animation. (2024, U) ★★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Crouching Tiger, Hidden...**
8.00 **The Huntsman: Winter's War** Fantasy. (2016, 12) ★★★
9.55 **Justice League** Adventure. (2017, 12, 120min) ★★
12.00 NOON **Hancock** Action comedy starring Will Smith. (2008, 12, 92min) ★★★
1.35 PM **World War Z** As 10.10pm.
3.40 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
5.35 **Minority Report** Sci-fi thriller. (2002, 12, 145min) ★★★★

8.00 Jason Bourne

8.00 Jason Bourne Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles and Alicia Vikander. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 World War Z Apocalyptic thriller starring Brad Pitt. A UN investigator tries to stop the fast-spreading zombie virus that is overwhelming the world. (2013, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Edge of Tomorrow** (2014)
2.40 **The Cinema List: Spectacular Sci-Fi**
3.10 **Crouching Tiger, Hidden Dragon** Ang Lee's romantic period adventure. Subtitled. (2000, 12, 120min) ★★★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.40 AM **The Cinema List: Musicals**
7.00 **Manodrome** As 2.00am.
8.45 **She Came to Me** As 4.05pm.
10.30 **L'immensità** As 10.40pm.
12.15 PM **Through a Glass Darkly**
1.50 **Phantom Thread** Drama starring Daniel Day-Lewis. (2017, 15, 130min) ★★★★★
4.05 **She Came to Me** Comedy drama starring Peter Dinklage. (2023, 15, 102min) ★★★★
5.50 **Philadelphia** Oscar-winning melodrama starring Tom Hanks and Denzel Washington. (1993, 12, 122min) ★★★★
8.00 **Scent of a Woman** Coming-of-age drama starring Al Pacino and Chris O'Donnell. A cantankerous blind war veteran takes his student minder on a wild weekend fling in New York. (1992, 15, 157min) ★★★★
10.40 **L'immensità** Italian drama starring Penélope Cruz. Subtitled. (2022, 12, 99min) ★★
12.25 AM **Through a Glass Darkly** Swedish director Ingmar Bergman's drama. Subtitled. (1959, b/w, 15, 91min) ★★★★
2.00 **Manodrome** Thriller starring Jesse Eisenberg and Adrien Brody. (2023, 15, 96min) ★★★
3.45 **to 6.00** AM **Phantom Thread**

Sky Cinema Sci-fi/Horror

311 411 511 525

6.35 AM **The Cinema List: Sci-Fi**
6.55 **47 Metres Down** As 12.40am.
8.35 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
10.10 **Resident Evil: Damnation**
12.00 NOON **57 Seconds** As 10.55pm.
1.50 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
3.55 **Thir13en Ghosts** Horror chiller. (2001, 15, 91min) ★★★
5.40 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 **57 Seconds** Fantasy thriller with Josh Hutcherson, Morgan Freeman and Greg Germann. (2023, 15, 99min) ★★★
12.40 AM **47 Metres Down** Horror thriller. (2017, 15, 89min) ★★★
2.20 **Resident Evil: Damnation** Animated horror thriller sequel. (2012, 15, 95min) ★★★
4.15 **to 6.00** AM **Silent Running** Cult sci-fi drama starring Bruce Dern. (1972, U, 90min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

7.25 AM **Twins** As 9.35pm.
9.25 **Mary and the Witch's Flower**
11.20 **Hot Dog Derby** Family comedy. (2013, U, 82min) ★★
12.50 PM **Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★
2.20 **Big Fat Liar** As 7.55pm.
4.00 **Blue Beetle** Fantasy adventure starring Xolo Maridueña. (2023, 12, 127min) ★★★★
6.15 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★

Sky Cinema Stunts
307 407 507 521

6.10 AM **Dragon Lord** As 4.10am.
7.55 **Polite Society** Action comedy. (2023, 12, 100min) ★★★★
9.55 **The Fast and the Furious: Tokyo Drift** (2006, 12) ★★
11.40 **Crouching Tiger, Hidden Dragon** Romantic adventure. (2000, 12, 120min) ★★★★★
1.45 PM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
3.40 **Jack Reacher** (2012, 15) ★★★
6.00 **Jack Reacher: Never Go Back** Thriller sequel. (2016, 12) ★★★

Sky Cinema Comedy
308 408 508 522

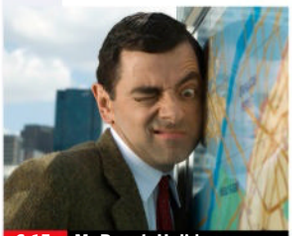
6.55 AM **Hatari!** As 1.55am.
9.35 **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
11.15 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
1.05 PM **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
3.00 **Am I OK?** Romantic comedy drama. (2022, 15, 86min)
4.30 **My Big Fat Greek Wedding 3** Comedy sequel. (2023, 12) ★★
6.10 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★

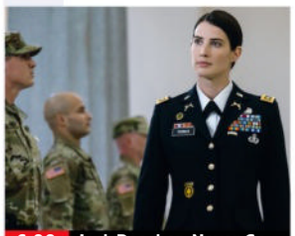
Sky Cinema Thriller
309 409 509 523

7.35 AM **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
9.35 **Along Came a Spider** (2001)
11.35 **The Young Master** Hong Kong martial arts comedy (1980, 15, 102min) ★★★★
1.35 PM **The Lesson** Romantic thriller with Daryl McCormack. (2023, 15, 103min) ★★★
3.35 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
6.00 **Missing** Thriller starring Storm Reid. (2023, 15, 111min) ★★★

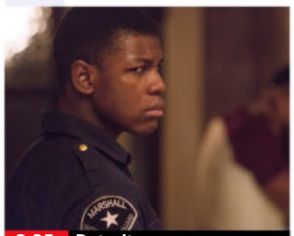
Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Starman** Sci-fi fantasy. (1984, PG, 115min) ★★★★
1.15 PM **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
3.00 **The Man from Laramie** Western with James Stewart. (1955, U, 104min) ★★★
5.05 **Fantastic Voyage** Sci-fi thriller. (1966, U, 100min) ★★★★
7.05 **Taxi** Action comedy starring Queen Latifah and Jimmy Fallon. (2004, 12, 97min) ★★


6.15 Mr Bean's Holiday


6.00 Jack Reacher: Never Go...

9.50 How to Lose a Guy in 10...


3.35 Detroit

9.00 Mission: Impossible - Fallout

7.55 **Big Fat Liar** Teen comedy starring Frankie Muniz and Paul Giamatti. A movie producer steals the idea for his latest film from a 14-year-old boy. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Twins** Action comedy starring Arnold Schwarzenegger and Danny DeVito as unlikely twins conceived as part of an experiment in genetic engineering. (1988, PG, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Mary and the Witch's Flower** Animated adventure featuring the voice of Kate Winslet. (2017, U, 99min) ★★★
1.25 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
3.20 **Bicentennial Man** Romantic sci-fi drama starring Robin Williams and Sam Neill. (1999, PG, 131min) ★★★
5.40 **to 7.20** AM **Maya the Bee** Animated family adventure. (2014, U, 86min) ★★

8.00 **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Monkey Man** Action thriller starring Dev Patel. (2024, 18, 121min) ★★★★
2.25 **The Hand of Death** John Woo's thriller starring Jackie Chan. (1976, 15, 95min) ★★★
4.10 **to 6.00** AM **Dragon Lord** Hong Kong martial arts comedy. (1982, 15, 102min) ★★★★

8.00 **Dumb and Dumber** Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. Two nerdy friends embark on a cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an adman, but her target has his own agenda. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Champions** Comedy drama starring Woody Harrelson. (2023, 12, 124min) ★★★
1.55 AM **Hatari!** Adventure set in the wilds of Africa, starring John Wayne and Hardy Kruger. (1962, U, 157min) ★★
4.35 **to 6.10** AM **My Big Fat Greek Wedding 3** As 4.30pm.

8.00 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. With Aaron Paul. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Saint** Big-screen version of the cult TV series, starring Val Kilmer and Elisabeth Shue. Gentleman thief Simon Templar tangles with a megalomaniac Russian billionaire and a beautiful American scientist. (1997, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Ruthless** Action thriller starring Dermot Mulroney. (2023, 15, 92min) ★★★
1.55 **American Gigolo** Thriller. (1980, 18, 117min) ★★★
4.05 **to 6.05** AM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★

Taxi (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Mission: Impossible – Fallout** Action thriller sequel starring Tom Cruise, Henry Cavill and Simon Pegg. Ethan Hunt, the IMF team and a CIA assassin try to prevent a disaster caused by a group of terrorists. (2018, 12, 147min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.55 **Bad Boys** Comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
2.15 **to 4.00** AM **Race with the Devil** Horror starring Peter Fonda and Warren Oates. (1975, 15, 88min) ★★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Icons
302 402 502 516

7.05 AM **Far and Away** As 1.25pm.
9.25 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
11.20 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★
1.25 PM **Far and Away** Romantic epic. (1992, 15, 140min) ★★
3.45 **The Untouchables** Brian De Palma's gangster thriller. (1987, 15, 119min) ★★★★★

5.50 **Ghost** Romantic thriller starring Patrick Swayze and Demi Moore. (1990, 12, 127min) ★★★★
8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
10.20 **Lee** Biopic of photographer Lee Miller, starring Kate Winslet. (2023, 15, 117min) ★★★

12.20 AM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
2.45 **Mother!** Thriller with Jennifer Lawrence and Javier Bardem. (2017, 18, 121min) ★★★★
4.50 **to 7.00** AM **The Sum of All Fears** As shown at 11.20am.

Sky Cinema Greats
304 404 504 518

6.00 AM **Constantine** As 4.15am.
8.10 **Young Guns II: Blaze of Glory**
10.10 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
11.55 **Minority Report** Sci-fi thriller. (2002, 12, 145min) ★★★★
2.25 PM **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
4.15 **Young Guns II: Blaze of Glory** Western sequel starring Emilio Estevez. (1990, 15, 104min) ★★★

6.05 **Top Gun** Action drama starring Tom Cruise and Kelly McGillis. (1986, 12, 110min) ★★★
8.00 **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh and Tom Hardy. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
9.50 **Jarhead** Military drama starring Jake Gyllenhaal, Peter Sarsgaard and Jamie Foxx. (2005, 15, 123min) ★★★★

11.55 **Public Enemies** Gangster biopic starring Johnny Depp. (2009, 15, 140min) ★★★★
2.15 AM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
4.15 **to 6.20** AM **Constantine** Supernatural horror thriller. (2005, 15, 121min) ★★★

Sky Cinema Animation
305 412 500 514

6.55 AM **Batman Unlimited: Animal Instincts** (2015, PG) ★★
8.20 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
9.45 **Extinct** Animated adventure. (2021, U, 84min) ★★★
11.20 **Antz** As shown at 5.30pm.
12.50 PM **Madagascar: Escape 2 Africa** As shown at 7.00pm.

2.25 **The Road to El Dorado** (2000)
4.00 **The Rugrats Movie** As 11.45pm.
5.30 **Antz** Animated comedy. (1998, PG, 83min) ★★★
7.00 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
8.35 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
10.10 **The Road to El Dorado** Animation. (2000, U) ★★★
11.45 **The Rugrats Movie** Animated comedy. (1998, U, 80min) ★★★

1.15 AM **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★
3.05 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** As 8.20am.
4.30 **to 6.00** AM **Megamind vs The Doom Syndicate** Animation. (2024, U, 83min) ★★★

Movies 24
312 419

7.00 AM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
9.00 **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★
11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 PM **The Professional Bridesmaid** Romantic drama. (2023, PG, 90min) ★★
3.00 **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★

5.00 **The Blessing Bracelet** Romantic drama with Amanda Schull. (2023, PG, 90min) ★★
7.00 **Groundswell** Romantic comedy with Lacey Chabert and Ektor Rivera. (2022, PG, 84min) ★★
9.00 **A Priceless Love** Romantic drama staring Erin Agostino and Luke Humphrey. A shopkeeper is approached by a broker determined to buy a valuable teapot which she plans to return to the owner. With Connie Wang. (2022, PG, 85min) ★★

11.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
1.00 AM **Rip in Time** Romantic fantasy (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Love on Retreat** Drama. (2023, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **The Old Barn Dance** Musical. (1938, b/w, U) ★★★
7.15 **Blind Spot** Crime drama. (1958, b/w, U, 70min) ★★★
8.45 **What's On TPTV with Noel**
9.00 **The Night We Dropped a Clanger** Farcical comedy. (1959, b/w, PG, 86min) ★★
10.45 **It Always Rains on Sunday** Ealing Studios crime thriller. (1947, b/w, PG, 92min) ★★★★

12.35 PM **Look at Life**
12.50 **Melody** Romantic drama. (1971, PG, 103min) ★★
3.00 **Crown Court** Triple bill.
4.30 **Let's Spend the Night Together** The Rolling Stones in concert on their 1981 US tour.
6.25 **Miranda** Comedy starring Griffith Jones and Glynis Johns. (1947, b/w, U, 80min) ★★★★
8.00 **The Brothers** 4/13. (S5)
9.05 **Roadgames** Thriller starring Stacy Keach and Jamie Lee Curtis. (1981, 15, 96min) ★★

11.10 **Harrison's Flowers** Drama starring Andie MacDowell. (2000, 15, 130min) ★★★
1.40 AM **The Beverly Hillbillies** Comedy based on the 1960s TV series. (1993, PG, 93min) ★★
3.30 **Dreamland** Documentary.
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
12.00 NOON **Transfer Talk**
1.00 PM **Transfer Centre**
3.00 **LIVE SA20 Sunrisers Eastern Cape v MI Cape Town.** Coverage of the T20 match from St George's Park Cricket Ground in Gqeberha, South Africa. The Sunrisers have dominated this competition having won the final in the first two seasons, including a 89-run victory in the final last year.
7.15 **LIVE SPFL Dundee v Rangers.** Coverage of the Scottish Premiership match at Scot Foam Stadium. The hosts have only picked up one point from the last five meetings against the visitors, which was a 0-0 draw at this ground in April last year. Despite being held in that match, Rangers have scored 16 goals in the other four games. Kick-off is at **8.00pm**.
10.30 **LIVE PGA Tour Golf** Coverage of day one of the Sony Open at the Waialae CC in Honolulu, Hawaii.
3.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the Tours, featuring the Brisbane International.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Crystal Palace v Liverpool in the 2013/14 season.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **PL 100: Jimmy Floyd Hasselbaink**
6.30 **PL 100: Peter Crouch**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox** Featuring guest Matt Le Tissier. **8.30** With Sol Campbell.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons** A profile of Dennis Bergkamp. **10.30** Ole Gunnar Solskjaer.
11.00 **Premier League Years**
1.00 AM **PL Retro** Portsmouth v Southampton from 2005.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best Scottish Premiership Goals 2022/23**
8.30 **Best Scottish Premiership Goals 2023/24**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries**
11.30 **Jimmy Glass: Great Escape**
12.00 NOON **EFL Cup** Another chance to see a semi-final first-leg.
2.00 PM **EFL Highlights**
3.00 **Bundesliga Special: Midseason Review**
4.00 **EFL Cup Highlights**
4.30 **EFL Highlights**
6.00 **EFL Cup Highlights** Action from a semi-final first-leg.
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights** Wycombe Wanderers v Huddersfield Town.
7.15 **LIVE SPFL Dundee v Rangers.** Coverage of the Scottish Premiership match staged at Scot Foam Stadium. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.30 **Bundesliga Weekly**
12.00 M'T **There's Only One Sauzee**
12.30 AM **SPFL** Archive action.
2.00 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Women's Big Bash League**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Melbourne Stars v Sydney Sixers.** The T20 match at Melbourne Cricket Ground.
11.30 **Big Bash League**
12.30 PM **Jimmy Anderson's Final Farewell** Archive action.
1.35 **Women's Big Bash League**
1.45 **Big Bash League**
2.45 **LIVE SA20 Sunrisers Eastern Cape v MI Cape Town.** Coverage of the T20 match from St George's Park Cricket Ground in Gqeberha, South Africa. The Sunrisers have dominated this competition having won the final in the first two seasons, including a 89-run victory in the final last year.
7.30 **Best of the Big Bash League**
8.00 **Big Bash League**
10.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League**
12.00 M'T **SA20** Recent T20 action.
4.45 AM **Best of the Big Bash League** Archive highlights.
5.30 **Jimmy Anderson's Greatest Spells**
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **PGA Tour: The Cut**
7.30 **Secrets of Success**
8.30 **PGA Tour Golf** Highlights.
9.30 **PGA Tour: The Cut**
10.00 **PGA Tour Golf** A season review.
11.00 **Junior Golf** Recent action.
11.30 **Secrets of Success**
12.30 PM **PGA Tour Golf**
1.30 **PGA Tour: The Cut**
2.00 **PGA Tour Golf** Play-offs.
3.00 **My Ryder Cup** Paul McGinley.
3.15 **Celebrity Kop Club**
3.30 **My Ryder Cup**
4.00 **Junior Golf** Recent action.
4.30 **PGA Tour: The Cut**
5.00 **LIVE PGA Tour Golf** Coverage of the featured groups on the first day of the Sony Open in Hawaii.
12.00 M'T **LIVE PGA Tour Golf** Further coverage of day one of the Sony Open from Honolulu.
3.30 AM **PGA Tour Golf**
4.30 **My Ryder Cup**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
12.00 NOON **WTA Tennis** Action from the Auckland Open final.
1.00 PM **ATP Tennis** Highlights of the Brisbane International final.
3.00 **Tennis** Action from the United Cup final at Ken Rosewall Arena.
5.00 **Tennis** Brisbane International.
6.00 **WTA & ATP Tennis** Highlights from the WTA and ATP Tours.
10.00 **Tennis** Brisbane International.
11.00 **Bitesize Tennis** Madrid Open.
11.15 **US Open Classic Matches**
11.30 **Bitesize Tennis** San Diego Open.
11.45 **Billie Jean King: My Story**
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

TNT Sports 1

410 870 527 408 430

6.00 AM **Serie A** Action from Italy.
8.00 **LIVE A-League Women Western Sydney Wanderers v Wellington Phoenix.** Coverage of the match from Wanderers Football Park. Kick-off **8.00am**.
10.00 **Isuzu UTE A-League**
1.00 PM **PL World Beaters**
1.30 **Test Cricket Highlights**
3.30 **TNT Sports Reload**
4.00 **UEFA Champions League**
4.15 **Premier League Reload**
4.30 **Premier League: Big Interview**
5.00 **Premier League Stories**
5.30 **Premier League Netbusters**
6.00 **Serie A – Full Impact**
6.30 **UEFA Champions League Greatest Nights**
8.30 **Serie A – Full Impact**
9.00 **Sign Up – Into Football**
9.45 **The Rugby Review**
10.30 **Fishing: On the Bank**
11.30 **NBA Action** Highlights.
12.00 M'T **LIVE NBA Orlando Magic v Minnesota Timberwolves.** The inter-conference match from Kia Centre. Tip-off **12.00m't**.
2.30 AM **TNT Sports Reload**
3.00 **Ultimate Pool** Recent action.
4.30 **UEFA Champions League**
5.00 **to 5.30** AM **Serie A: Full Impact**

TNT Sports 2

411 871 528 409 431

6.45 AM **One Day International Cricket** New Zealand v Sri Lanka.
7.45 **TNT Sports Cricket Reload**
8.00 **Test Cricket Highlights**
10.00 **TNT Sports Reload**
10.30 **Vendee Globe Highlights**
11.00 **Serie A: Full Impact** Action from the Italian top flight.
11.30 **Premier League Netbusters** A unique and fast-paced look at the best action from the top flight.
12.00 NOON **T20 Cricket Highlights**
2.00 PM **One Day International Cricket** Ireland v South Africa.
5.00 **Isuzu UTE A-League**
8.00 **Vendee Globe Highlights**
8.30 **One Day International Cricket** Action from New Zealand v Sri Lanka at Seddon Park, Hamilton.
9.30 **Packer: The Man Who Changed Cricket**
11.00 **Test Cricket Highlights**
1.00 AM **LIVE Women's T20 Super Smash Canterbury Magicians v Auckland Hearts.** Coverage of the match from Hagley Oval in Christchurch.
4.45 **to 8.15** AM **LIVE T20 Super Smash Canterbury Kings v Auckland Aces.** Coverage of the match from Hagley Oval.

TNT Sports 3

417 874 529 410 432

6.00 AM **Andrew Mensah's Stand Up Kickabout**
6.30 **Allianz Premiership Women's Rugby** Bristol Bears v Gloucester-Hartpury RFC.
7.30 **Gallagher Premiership Rugby Union** Highlights from Newcastle Falcons v Harlequins. **8.30** Gloucester v Sale Sharks. **9.30** Highlights from Leicester Tigers v Exeter Chiefs. **10.30** Saracens v Bristol Bears. **11.30** Northampton Saints v Bath.
12.30 PM **The Rugby Review** A look at all the action from matchweek 10 of Gallagher Premiership Rugby.
1.15 **Sign Up – Into Football** Highlights and analysis in a groundbreaking series.
2.00 **TNT Sports Reload** The best bits from TNT Sports in the last week.
2.30 **Fishing: On the Bank**
3.30 **MotoGP** A look back at the highs and lows of thae 2022 season.
5.00 **MotoGP** Action from 2023.
7.00 **Women's Ashes** A look back at all the best moments from the Women's Ashes Test match.
8.30 **Ultimate Pool** Recent action.
10.00 **MLB Classic** Archive action.
1.15 **to 6.00** AM **MLB Classic**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
8.30 **Jaguars Weekly UK** The latest acksonville Jaguars news.
9.00 **NFL Hard Knocks: AFC North** Series following the AFC North teams of Baltimore Ravens, Cincinnati Bengals, Cleveland Browns, and Pittsburgh Steelers during the regular season.
10.00 **NFL Highlights** Action from Cincinnati Bengals v Washington Commanders.
11.00 **College GameDay** The first College Football play-off semi-final.
12.30 AM **LIVE NCAA College Football** Coverage of the Orange Bowl staged at Hard Rock Stadium in Miami, which serves as the first College Football play-off semi-final. Kick-off is at **12.30am**.
4.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Fight Night International**
8.00 **PGA Tour Golf** Highlights.
9.00 **NFL Highlights**
11.00 **Big Bash League** Recent action.
4.05 PM **Tennis** Action from the United Cup final at Ken Rosewall Arena in Sydney, Australia.
6.00 **Big Bash League** Action from Melbourne Stars v Sydney Sixers. **7.00** Highlights from Sydney Thunder v Hobart Hurricanes.
8.00 **Fight Night International** Junto Nakatani v Petch Sor Chitpattana. **9.00** Another chance to see Jaime Munguia v Bruno Surace.
10.00 **PGA Tour Golf** Highlights of the Sentry Tournament of Champions.
11.00 **Formula 1** The Japanese Grand Prix from Ino in Suzuka City.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights**
3.00 **Big Bash League**
5.00 **to 6.00** AM **Formula 1**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB** New York Yankees v Los Angeles Dodgers in games three and four of the World Series.
11.00 **NBA Originals** Triple doubles.
1.00 PM **NBA** Cleveland Cavaliers v Oklahoma City Thunder. **2.30** A chance to see Milwaukee Bucks v San Antonio Spurs.
4.00 **NBA Originals** A look back at the three-point revolution.
4.30 **NBA Action** A round-up of the latest action from the NBA.
5.00 **NBA** Two match replays.
8.00 **TNT Sports Reload**
8.30 **NBA** Cleveland Cavaliers v Oklahoma City Thunder. **10.00** A replay of Milwaukee Bucks v San Antonio Spurs.
11.30 **UFC Fight Flashback: 245**
12.00 M'T **UFC Main Event: Holm v Shevchenko**
1.00 AM **UFC Main Event**
4.30 **UFC Fight Flashback**
5.00 **to 6.00** AM **Down the Clubhouse**

Eurosport 1

413 870 521 412 435

6.00 AM **Alpine Skiing** From Italy.
7.00 **Ski Jumping** From Germany.
8.00 **Masters Snooker**
10.00 **Dakar Rally** The fourth stage.
11.00 **Ski Jumping** From Germany.
12.00 NOON **Alpine Skiing**
1.05 PM **LIVE Biathlon** Coverage of the women's 7.5km sprint at the World Cup meeting in Oberhof.
2.35 **Ski Jumping** Recent action.
4.35 **Winter Sport – Zoe Atkin – Freeski Halfpipe Copper Mountain 2023**
4.50 **Charlotte Bankes: Sierra Nevada 2024**
5.00 **Biathlon** From Oberhof.
6.00 **Masters Snooker** A chance to see Ronnie O'Sullivan v Ali Carter in the final at Alexandra Palace.
8.00 **Dakar Rally** The fifth stage.
9.00 **Australian Open Tennis**
12.00 M'T **Biathlon** From Germany.
1.00 AM **Ski Jumping**
2.00 **Australian Open Tennis**
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Masters Snooker**
8.00 **Dakar Rally** The fourth stage.
9.00 **Ski Jumping** From Austria.
11.00 **Snooker: Masters Final 2017**
1.00 PM **Dakar Rally** Stage four.
2.00 **Show Jumping** From Mechelen.
3.00 **Australian Open Tennis** A replay of Rafael Nadal v Daniil Medvedev in the men's final. **4.30** A replay of Ashleigh Barty v Danielle Collins in the women's singles final from Melbourne Park.
6.00 **Masters Snooker** Neil Robertson v Barry Hawkins in the 2022 final at Alexandra Palace.
8.00 **Alpine Skiing** Recent action.
10.00 **Biathlon** Action from the women's 7.5km sprint in Oberhof.
11.00 **Dakar Rally** The fifth stage.
12.00 M'T **Cyclo-Cross**
1.00 AM **Show Jumping**
2.00 **Dakar Rally** Recent highlights.
3.00 **Biathlon** In Oberhof, Germany.
4.00 **Ski Jumping** From Oberstdorf.
5.00 **to 6.00** AM **Cyclo-Cross**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and/or ATP Tours.
12.00 NOON **Transfer Talk** The team break down all the latest talking points from the January transfer window, with analysis and discussion of the major headlines.
1.00 PM **Transfer Centre**
5.00 **LIVE PGA Tour Golf** Coverage of the featured groups on day one of the Sony Open in Hawaii at the Waialae CC in Honolulu, Hawaii. Grayson Murray of America was the victorious player here last year, defeating compatriot Keegan Bradley and South Korea's An Byeong-hun in a play-off.
12.00 M'T **Sky Sports News** Round-up of the sports news with live analysis and comment, plus interviews with headline-makers.
1.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours.

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.30 PM **Formula 1** From Japan.
2.40 **Ted's Notebook**
3.10 **F1 Explained – Banking**
3.15 **72 Hours with Jack Doohan**
3.30 **Formula 1** Another chance to see Japanese Grand Prix, the fourth round of the 2024 season staged at Suzuka International Racing Course in Ino, Suzuka City.
8.00 **Ted's Notebook**
8.30 **Formula 1** Japanese Grand Prix.
10.45 **Ayao Komatsu & Coventry City**
11.00 PM **to 6.00** AM **Formula 1**

SKY HD SD VIRGIN HD EE HD

Friday

10 January

Evening Planner

Travelogue

Travel Man: 48 Hours in...
C4, 8.30pm
Comedian David O'Doherty joins Joe Lycett in Málaga on the Costa del Sol in this first of a new run of mini-breaks.

Drama

The Good Ship Murder
Channel 5, 9pm
The drama returns with Jack (Shayne Ward) investigating the death of an opera singer as the ship docks in Rome.

Horror Comedy

Get Away
Sky Premiere, 10pm
Nick Frost wrote and stars in this comedy horror about a family who discover their holiday is about to be disrupted by a killer.

OnDemand

NETFLIX

Bank of Dave 2: The Loan Ranger
Available today
Rory Kinnear returns as real-life local banking hero, Dave Fishwick.

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 The Travelling...	8.00 Would I Lie to...	8.30 Ghosts	9.00 The Traitors		10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Yellowstone: The Wildest Winter		8.00 Monty Don's British Gardens		9.00 The Gunpowder Plot: Lucy Worsley...		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	7.00 Emmerdale	7.30 Football: FA Cup – Live: Aston Villa v West Ham United (Kick-off 8.00)						10.30 News
	104 CHANNEL 4	7.00 News		8.00 Food...	8.30 Travel Man	9.00 8 Out of 10 Cats Does Countdown		10.00 Taskmasterclass	
	105 CHANNEL 5	7.00 22 Kids & a Wedding		8.00 Susan Calman's Cruise of a Lifetime		9.00 The Good Ship Murder		10.00 When Cruises Go Horribly Wrong &...	
	106 SKY SHOWCASE	7.00 The Simpsons				9.00 Rob Beckett: Wallop			10.15 A League of Their Own
ENTERTAINMENT	115 BBC3		7.15 Top Gear		8.20 The Simple Life	9.00 Film: Moulin Rouge!			
	116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1988	8.30 TOTP: 1992	9.00 TOTP: 1975			10.20 Bob Dylan...
	118 ITV2	◂ 6.20 Film: Harry Potter and the Order of the Phoenix				9.00 Family Guy		10.00 Olivia Attwood: The Price of Perfection	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E			
	135 E4	7.00 Big Bang Theory	7.30 Modern Family	8.00 The Simpsons		9.00 Gogglebox		10.00 Film: Maze Runner: The Death Cure	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI				10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 The Gilded Age		10.00 Lockerbie: A Search for Truth	
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Unforgotten	
	120 ITV4	◂ 6.55 The Motorbike Show		8.00 Giant Lobster Hunters		9.00 Film: Beverly Hills Cop			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Mr Bean		10.00 Film: Boogie Nights	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 The 80s: Cinema's Greatest Decade		9.00 Strike Back: Vengeance		10.00 A League of Their Own	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Elvis Presley: The Early Years			9.30 Elvis Presley: A Legend in Concert		10.30 Elvis Presley...
	132 U&W	7.00 DIY SOS: Grenfell		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch		10.00 Lost Monster Files	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Insane Pools: Off the Deep End		9.00 Monsters Inside Me		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hindenburg: The New Evidence		9.00 Drain the Oceans		10.00 Titanic: The Final Secret	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Container Wars		9.00 Royal Autopsy		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Trawlermen: Hunting the Catch		9.00 The Warship: Tour of Duty		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Dart Kings		8.00 Williams & Mansell: Red 5			9.50 What's My Name: Muhammad Ali		
FILMS – Sky Cinema	301 PREMIERE	◂ 5.50 The Fall Guy		8.00 Godzilla x Kong: The New Empire				10.00 Get Away	
	302 ICONS	◂ 5.35 The Holiday		8.00 A Star Is Born					10.20 The Shawshank...
	303 HITS	◂ 5.35 Star Trek Into Darkness		8.00 Star Trek Beyond				10.05 Terminator Salvation	
	304 GREATS	7.00 8 Mile				9.00 Bad Boys			
	305 ANIMATION	◂ 5.55 Home	7.35 Captain Underpants			9.10 The Lego Batman Movie			
	306 FAMILY	◂ 6.00 The BFG		8.05 Goosebumps 2: Haunted Halloween			9.45 Maya the Bee		
	307 STUNTS	◂ 5.45 Fast & Furious 5		8.00 The Fall Guy				10.10 Monkey Man	
	308 COMEDY	◂ 6.30 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.40 Seven Psychopaths		
	309 THRILLER	◂ 6.00 Escape from Alcatraz		8.00 Ocean's Eight				10.05 American Gigolo	
	310 DRAMA	◂ 6.10 Alfie		8.00 Save the Last Dance				10.05 Save the Last Dance 2	
	311 SCI-FI	◂ 5.05 Interstellar		8.00 Ghostbusters				10.10 Blade Runner	
	313 FILM4	◂ 6.55 Central Intelligence				9.00 The Mechanic			
SPORT	401 MAIN EVENT	◂ 3.00 SA20 – Live	7.30 Bundesliga – Live: Borussia Dortmund v Bayer Leverkusen (Kick-off 7.30)				9.30 PGA Tour Golf – Live: The Sony Open in Hawaii		
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 PL Preview	8.30 Gary Neville's...	9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 SPFL...	7.20 Bundesliga – Live: Borussia Dortmund v Bayer Leverkusen (Kick-off 7.30)				9.30 EFL Cup Highlights		10.30 SPFL Highlights
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Jimmy...	8.00 Big Bash League				10.00 SA20	
	410 TNT SPORTS 1	7.00 UEFA Champions League Greatest...		8.00 ABB FIA Formula E World Championship Highlights				10.00 ABB FIA Formula E World...	
	411 TNT SPORTS 2	7.00 Ultimate Pool			8.30 One Day International Cricket		9.30 One Day International Cricket – Live: New Zealand v Sri Lanka		

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Father Brown** *The Battle of Kembleford:* 1/10. Return of the crime drama. A medieval murder is committed at a battle re-enactment. (S12) (S)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition A woman seeks funds for a personal pilgrimage. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 The Graham Norton Show

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **The Travelling Auctioneers** Two women sell various possessions to fund the holiday of a lifetime to Japan. (S)(R)

8.00 NEW SERIES **Would I Lie to You?** 1/9. With guest panellists Harry Hill, Kojey Radical, Jill Scott and Stacey Solomon. (S)
8.30 **Ghosts** 2/7. A revelation leaves Alison reeling. (S3) (S)(R)(AD)

9.00 **The Traitors** New edition 6/12. As the game reaches the halfway point, the Players' suspicions get stronger. Presented by Claudia Winkleman. (S)(AD)
■ *The Traitors: Uncloaked* follows on BBC2

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition 13/21. The host is joined by Tom Hiddleston, Brie Larson, Billy Porter and Claudia Winkleman. Plus, singer-songwriter Myles Smith performs *Nice to Meet You*. (S)
11.30 FILM **Escape Room** Psychological thriller, starring Deborah Ann Woll, Taylor Russell and Tyler Labine. The prospect of winning a significant sum of money lures a group of individuals into escape room scenarios, leading to a terrifying battle for their lives. (S) (2019, 15, 95min) ★★★
1.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **I Escaped to the Country** (R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Lorraine Pascale – How to Be a Better Cook** (S)(R)
8.30 **Sign Zone: Villages by the Sea** (R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **World's Weirdest Events** (S)(R)
4.15 **Who Do You Think You Are?** With Pixie Lott. (S)(R)(AD)
5.15 **Flog It!** From Norfolk. (S)(R)
6.00 **Richard Osman's House of Games** New edition Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton take part. (S)
6.30 **Joanna Page's Wild Life** New edition 5/15. A bird comes into the centre that is so young the experts can't tell its breed. (S)

8.00 Monty Don's British Gardens

7.00 **Yellowstone: The Wildest Winter** 1/3. Kate Humble and Patrick Ayree follow the changing seasons at Yellowstone National Park during 2016, starting with the effect of winter on its wildlife. (S)(R)(AD)

8.00 NEW SERIES **Monty Don's British Gardens** 1/5. The presenter travels from the north-west coast of Scotland to the north-east coast of England, exploring historic reconstructions and modern re-inventions. (S)(AD)

9.00 **The Gunpowder Plot: Lucy Worsley Investigates** New edition 2/4. Lucy investigates the Gunpowder Plot and what drove a group of Catholic conspirators to this radical act of extremism. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **The Traitors: Uncloaked** New edition 6/12. Ed Gamble and his guests discuss developments. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Colette** Biopic starring Keira Knightley. A woman is persuaded to write up semi-autobiographical tales, which become a sensation when published under her husband's name. With Dominic West. (S) (2018, 15, 105min) ★★★★
12.50 AM **Sign Zone: Panorama – E-Bikes: The Battle for Our Streets** Current affairs. (S)(R)
1.20 **Sign Zone: 7/7 – The London Bombings** 1/4. (S)(R)(AD)
2.20 **Sign Zone: Jack the Ripper – Lucy Worsley Investigates** (S)(R)
3.20 **to 6.00** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition The teams are joined by Angela Scanlon and Brian Conley. (S)(AD)
3.00 **Lingo** New edition Word-based quiz show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Sophena takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

4.00 Deal or No Deal

7.00 **Emmerdale** Negativity surfaces, boundaries are crossed, and Rhona reaches breaking point. (S)(AD)
7.30 LIVE **Football: FA Cup** Aston Villa v West Ham United: Mark Pougatch presents all the action from the third-round tie at Villa Park. Both teams have gone a long time without lifting this famous trophy, with West Ham's last triumph coming in 1980 and the Villans' all the way back in 1957. However, the hosts in particular will have high hopes of going far in this competition, having made great strides in recent years, and they prevailed 2-1 when the teams met at the London Stadium in the Premier League earlier this season. With analysis from Roy Keane and Ian Wright, and commentary by Sam Matterface and Lee Dixon. Kick-off is at 8.00. (S)

10.30 **ITV News** (S)
11.00 **Local News** (S)
11.15 **Romesh Ranganathan's Parents' Evening** 2/3. Mel B and her daughter Phoenix, Jonathan Ross and his daughter Honey, and Richard Madeley and his daughter Chloe compete in the comedy game show. (S)(R)
12.10 AM **Teleshopping**
3.00 **Lingo** Quiz show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 21-23/26. (S8) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** (S10) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A father-and-son seek a property in Spain. (S)(R)
4.00 **A New Life in the Sun** New edition In France, David and Lane find out if they have made the right move relocating their shop. (S)
5.00 **Junior Bake Off** New edition The young bakers create vegetable 'tartwork' masterpieces. (S)(AD)
6.00 **A Place in the Sun** New edition Laura Hamilton jets off to Mijas Costa in Spain to help a retired couple find a holiday home. (S)

8.00 Food Unwrapped

7.00 **News** (S)

8.00 NEW SERIES **Food Unwrapped** A look into the secret to the bubbles in bubble tea. (S)
8.30 NEW SERIES **Travel Man: 48 Hours in Málaga** Joe Lycett and David O'Doherty head to Málaga. (S)(AD)

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Jon Richardson and Rosie Jones take on Joe Wilkinson and Phil Wang. Dr John Cooper Clarke joins lexicographer Susie Dent in Dictionary Corner. (S)

10.00 NEW **Taskmasterclass** Greg Davies and Alex Horne look back at highlights from *Taskmaster*, including Bob Mortimer's beach graph, Sophie Duker's impersonation of a dinosaur and a masterpiece from Sally Phillips. (S)(AD)
11.05 FILM **Little Fockers** Comedy sequel starring Robert De Niro, Ben Stiller and Dustin Hoffman. (S)(AD) (2010, 12, 110min) ★★★
12.55 AM FILM **Border** Swedish crime drama starring Eva Melander. Subtitled. (2018, 15, 110min) ★★★★
2.45 **Ramsay's Kitchen Nightmares USA** From Indiana. (S)(SL)(R)
3.35 **Kirstie and Phil's Love It or List It**
4.30 **Sunday Brunch Best Bits** (S)(R)
4.50 **to 6.05** AM **Frasier** (S)(R)

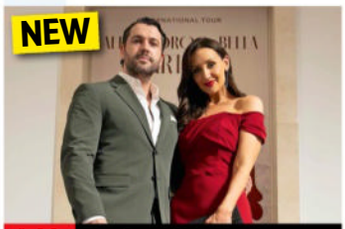
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 **An Aurora Teagarden Mystery: The Disappearing Game** Crime drama starring Candace Cameron Bure. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** Husband and wife John and Julie go head to head in a walking football match. (S)(R)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols in Scotland and the north of England. (S)(R)
6.55 **News** (S)



9.00 The Good Ship Murder

7.00 **22 Kids & a Wedding** The documentary following Noel and Sue Radford and their family returns as eldest daughter Millie prepares for her wedding. (S)(R)
7.55 **News** (S)
8.00 **Susan Calman's Cruise of a Lifetime** New edition The latest stage of Susan's voyage begins in Kolkata, known as the cultural capital of India, and she also sails to Kalna, known as 'Temple Town'. (S)
9.00 NEW SERIES **The Good Ship Murder** *Rome:* 1/7. Jack's plans with Kate are scuppered during a stop in Rome, and the death of an opera troupe member adds to his woes. *See feature, page 8.* (S2) (S)(AD)
10.00 **When Cruises Go Horribly Wrong & Other Travel Nightmares** Examining travel disasters from recent history, including a cruise ship sailing off the coast of Norway that was caught in a storm. (S)(R)
11.30 **Funniest Royal Cock-Ups** Mishaps involving members of the Royal Family. (S)(R)
1.25 AM **PlayOJO Live Casino Show**
3.25 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)(AD)
4.15 **Lost Dog, Found Dog with Clare Balding** (S)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 4/13. (S4) (S)(R)
5.00 **The Simpsons** *Marge v Singles, Seniors, Childless Couples and Teens, and Gays:* Marge fights an anti-youth campaign. (S)(R) **5.30** *Fan-Ily Feud:* Homer faces the wrath of a pop star's vengeful fans. (S)(R)
6.00 **The Office (US)** 1/26. Michael regrets starting a rumour about Stanley. (S)(R) **6.30** 2/26. David Wallace and Jim have a meeting. (S6) (S)(R)

9.00 Rob Beckett: Wallop

7.00 **The Simpsons** *Write Off This Episode:* Marge and Lisa launch a charity together. (S)(R) **7.30** *I, (Annoyed Grunt)-Bot:* Homer builds a robot for Bart to enter the *Robot Rumble* TV show. (S)(R)
8.00 **The Simpsons** *Diatribe of a Mad Housewife:* Marge is inspired to write a romantic novel. (S)(R) **8.30** *Margical History Tour:* Marge attempts to stimulate the children's interest in history. (S)(R)
9.00 **Rob Beckett: Wallop** A stand-up show by the comedian filmed at the Cliffs Pavilion in Southend. (S)(R)
10.15 **A League of Their Own** Romesh Ranganathan returns with the comedy quiz show as regulars Jamie Redknapp, Micah Richards and Jill Scott are joined by Tyson Fury, Maya Jama and Rob Beckett. (R)
11.15 **Karl Pilkington: The Moaning of Life** 1/6. Karl heads to America to consider the point of art. (S)(R)(AD)
12.15 AM **Sex and the City** (S)(R)
1.35 **Brit Cops: Frontline Crime UK** Documentary series. (S)(R)
2.35 **Road Wars** (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm Jules and Greg's Wild Swim (S)(R) **12.30am** FILM Escape Room (S) (2019, 15, 95min) ★★★ **2.05** Weather for the Week Ahead (S) **2.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.30-8.00pm Chris Cooks Cymru New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00-8.00pm Digging for Britain New edition (S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Pen/Campwyr **1.30** Y Fets (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **6.30** Colleen Ramsey: Bywyd a Bwyd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Noson Lawen **8.55** Newyddion a'r Tywydd **9.00** Am Dro! (AD) **10.00** Richard Holt: Yr Academi Felys **10.30-11.35pm** Ar y Ffin

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Zen Motoring**
7.15 **Top Gear** Matt LeBlanc tackles wildest Morocco in Somerset's finest off-roader.
8.15 **The Catch Up**
8.20 **The Simple Life** 1/11. Hotel heiress Paris Hilton and best friend Nicole Richie begin a cross-country trek back to Beverly Hills. **8.40** 2/11. The girls get jobs at a water park in Florida.
9.00 FILM **Moulin Rouge!** Baz Luhrmann's romantic musical starring Ewan McGregor and Nicole Kidman. A young English writer falls in love with a beautiful actor in 1899 Paris. (2001, 12, 128min) ★★★★
11.00 **Him & Her** 2/7. The latest member of Paul's family is welcomed into the fold. **11.30** 3/7. Steve and Becky run out of beer. **12.00** M'T 4/7. Becky and Steve are burgled. (S3)
12.30 AM **Dubai Hustle**
1.30 **Charlie Cooper's Myth Country** Triple bill.
3.00 **to 3.55** AM **Cuckoo**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** Featuring The Outhere Brothers, Suede and Byron Stingily. **7.30** With Placebo, Skunk Anansie and Gabrielle.
8.00 **TOTP: 1988** Performances by Depeche Mode, George Michael and Pet Shop Boys.
8.30 **TOTP: 1992** Featuring Queen, The Sugarcubes, Isotonik and Kym Sims.
9.00 **TOTP: 1975** Performances from Peter Shelley, The Three Degrees and 10cc. **9.40** Featuring The Sweet, Typically Tropical, The Wombles and Linda Lewis.
10.20 **Bob Dylan: No Direction Home – Arena: Part One** 1/2. Martin Scorsese explores the singer's formative years.
12.15 AM **Bob Dylan: No Direction Home – Arena: Part Two** 2/2. How the singer's life took a dark turn.
1.45 **Bob Dylan: Shadow Kingdom** The singer-songwriter performs songs from his back catalogue.
2.35 **TOTP: 1988** As 8.00pm.
3.05 **to 3.35** AM **TOTP: 1992**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the culinary contest from Northampton.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a 1994 Vauxhall Cavalier Turbo. **6.55** The duo take on their 100th car – their first electric conversion – a 1978 MG.
7.55 **Grand Designs** Kevin McCloud follows a couple building a unique home near a West Sussex estuary, turning a swampy pond into a biodiverse waterscape and floating the house above it.
9.00 **24 Hours in A&E** A moped delivery man is rushed to A&E after being caught up in an accident involving a police car chasing another vehicle. **10.00** A patient is airlifted after being involved in a high-speed collision and another is put into an induced coma after an accident while playing football.
11.05 **Emergency Helicopter Medics** An injured cyclist is rescued from a mountain.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 13-16/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **The Big Bang Theory**
7.30 **Modern Family** 18/22. Phil feels emasculated when Bill wows Dylan and Luke. (S10)
8.00 **The Simpsons** *Politically Inept with Homer Simpson:* Homer becomes the new voice of American politics. **8.30** *The D'oh-cial Network:* Lisa creates a social network that takes the town by storm.
9.00 **Gogglebox** Omnibus of the two part-special for Stand Up To Cancer.
10.00 FILM **Maze Runner: The Death Cure** Final part of the sci-fi saga starring Dylan O'Brien. A group of young people venture into a deadly labyrinth in search of their captive friends. (2018, 12, 142min) ★★★
12.55 AM **Naked Attraction**
2.55 **Gogglebox**
3.50 **Teen First Dates**
4.45 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 4/22. (S6)
12.00 NOON **Caught on Dashcam**
1.00 PM **FBI: International** 4/22. The team organise the release of a former Marine detained in Istanbul. (S2)
2.00 **FBI: Most Wanted** 4/22. A professor is murdered. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Into The Fire:* 7/22. The team work with Maggie to infiltrate a group building bombs. (S5)

9 PM
9.00 **FBI** *Fortunate Son:* 8/22. A teenager shows up at 26 Fed seeking protection from the men who shot his father. (S5)

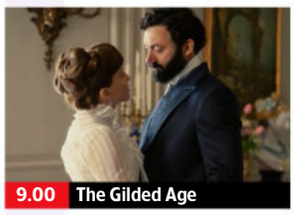
10 PM
10.00 **The Rookie** *Caught Stealing:* 13/20. A large amount of money found in a drugs raid goes missing. (S1)
11.00 **Matlock** 7/10. Revival of the crime drama. (S1)
12.00 M'T **Chicago Fire** 5/13. (S12)
1.00 AM **Chicago PD** 3/13. (S11)
2.00 **FBI: Most Wanted** 5/22. (S4)
3.00 **Bull** 5/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Highway Patrol**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **The Sopranos** 1&2/13. (S4)
10.15 **Billions** 9&10/12. (S1)
12.20 PM **Game of Thrones** (S1)
1.25 **Boardwalk Empire** 7/12. Eli's son Willie asks Nucky for a job. **2.30** 8/12. Knox gets a big break in his investigation. (S4)
3.35 **The Sopranos** 1/13. Carmela frets about the family's finances. **4.40** 2/13. Tony warns Janice about her new love. (S4)
5.45 **Billions** 9/12. A sudden disappearance sends both Axe and Chuck spinning. (S1)


9.00 The Gilded Age

7 PM
6.50 **Billions** *Quality of Life:* 10/12. Axe and Wendy do some soul searching. (S1)
7.55 **Game of Thrones** *The Wolf and the Lion:* 5/10. A suspicious death threatens to overshadow the tournament. (S1)

8 PM
8.00 **The Gilded Age** *Some Sort of Trick:* 2/8. Peggy gets welcomed back to 61st Street by almost everyone. (S2)

9 PM
10.00 **Lockerbie: A Search for Truth** 2/5. As Jim Swire continues his campaign, two suspects are indicted for the bombing. (S1)

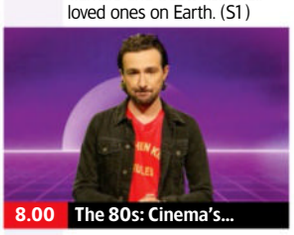
10 PM
11.15 **Gangs of London** 7/8. Elliot goes after those who have wronged him, but his plan dangerously unravels. (S2)
12.25 AM **The Wire** 6/12. (S3)
1.30 **Game of Thrones** As 7.55pm.
2.35 **Gomorrah** 9/12. (S2)
3.45 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 6&7/18. (S4)
8.00 **Supergirl** 1/20. (S6)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 3/20. (S6)
1.00 PM **S.W.A.T.** 8&9/18. (S4)
3.00 **Magnum P.I.** 14/20. (S5)
4.00 **MacGyver** 4/13. (S4)
5.00 **DC's Legends of Tomorrow** 13/15. Ava is tasked with the interrogation of the team's unwanted guest. (S6)
6.00 **Stargate Universe** 9/20. Camille and Scott visit their loved ones on Earth. (S1)


8.00 The 80s: Cinema's...

7 PM
7.00 **Stargate Universe** *Justice:* 10/20. Colonel Young becomes the chief suspect when a crew member is killed. (S1)

8 PM
8.00 **The 80s: Cinema's Greatest Decade** The stand-out movies of the 1980s, from blockbusters to coming-of-age classics.

9 PM
9.00 **Strike Back: Vengeance** 1/10. Stonebridge finds himself struggling to adapt to a career outside Section 20. (S3)

10 PM
10.00 **A League of Their Own** Romesh Ranganathan hosts alongside guests Tyson Fury, Maya Jama and Rob Beckett.
11.00 **Karl Pilkington: The Moaning of Life** 1/6. Karl considers the point of art.
12.00 M'T **The Force: Manchester**
1.00 AM **Brit Cops: Frontline Crime UK** Documentary.
2.00 **Road Wars** Vehicle crime.
3.00 **Magnum P.I.** 14/20. (S5)
4.00 **MacGyver** 4/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 13/23. Jason ends his relationship with Phoebe. (S6)
3.55 **Gilmore Girls** 11/22. Francie turns Paris against Rory. (S3)
4.50 **Dinner Date**
5.50 **In for a Penny**

9.00 Family Guy

7 PM
6.20 **FILM Harry Potter and the Order of the Phoenix** Fantasy adventure sequel starring Daniel Radcliffe. Harry Potter begins secretly teaching students how to defend themselves against the Dark Arts. (2007, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **Family Guy** 6/20. Peter enjoys Bonnie's cooking. **9.30** 7/20. Peter turns the Pewterschmidt mansion into a hotel. (S20)

10 PM
10.00 **Olivia Attwood: The Price of Perfection** How pornography and social media play a part in influencing men.
11.00 **Family Guy** 18/22. (S3)
11.35 **American Dad!** (S16)
12.35 AM **Bob's Burgers** (S7)
1.30 **Deep Fake Neighbour Wars**
2.00 **World's Funniest Videos**
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat**
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Deep Waters:* Jack takes time off from questioning two suspects.
6.00 **Heartbeat** *With This Ring:* A criminal's wife commits suicide, making Mike wish he had not been quite so forceful in extracting a confession.

6.00 Heartbeat

7 PM
7.00 **Heartbeat** *Wise Guys:* Ventress becomes obsessed with protecting a widow's home from a gang of louts.

8 PM
8.00 **Midsomer Murders** *The Sword of Guillaume:* Barnaby joins Causton's annual trip to Brighton when he becomes suspicious about the mayor's plans to buy up coastal land for chalets. Guest stars Brian Capron.

9 PM

10 PM
10.00 **Unforgotten** 2/6. Cassie and Sunny identify four potential suspects who trained as police probationers together. (S4)
11.00 **Wire in the Blood** 1/4. Dr Tony Hill investigates the murder of a boy whose body is found in a warehouse. (S3)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Sportscene: Championship** Coverage of a match from the second tier.
10.00 **Still Game** *The Undrinkables:* 2/6. A funeral brings the community together, while bootleg alcohol has a sobering effect on Craiglang's residents. (S7)
10.30 **Best of Only an Excuse?** 1/4. A selection of sketches from the archives of the hit comedy, mixing classic characters, favourite skits and media spoofs.
11.00 PM **to 12.00** M'T **TRNSMT 2024** Shereen Cutkelvin presents performances by Sugababes, Declan McKenna, Blossoms, Rick Astley, The Snuts and Liam Gallagher.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 5&6/10. (S2)
9.15 **The Conners** (S1)
10.05 **Silicon Valley** (S2)
11.20 **Barry** 1&2/8. (S2)
12.35 PM **Entourage** (S3&4)
1.45 **Silicon Valley** (S2)
3.05 **Barry** 1&2/8. (S2)
4.30 **Ballers** 5&6/10. (S2)
5.45 **The Office (US)** (S6)
6.45 **The Conners** 9/11. Dan is injured while working. **7.15** 10/11. Ben offers Mark piano lessons. (S1)
7.45 **Ballers** 9/10. Spencer organises a reunion with an old opponent. **8.20** 10/10. Spencer chooses between two career opportunities. (S1)
9.00 **Rob Beckett: Wallop** A stand-up show by the comedian and *8 Out of 10 Cats* team captain.
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **Sex and the City**(S3)
12.35 AM **And Just Like That...**
2.25 **Veep** 5&6/10. (S4)
3.40 **to 5.00** AM **Barry**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Punchdrunk: Behind the Mask**
7.00 **Cirque du Soleil: Zaia**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **Julie Andrews Forever**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Landscape Artist of the Year 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **NEW Elvis Presley: The Early Years**
9.30 **Elvis Presley: A Legend in Concert**
10.30 **Elvis Presley: The Searcher** Documentary.
12.35 AM **Roy Orbison Forever**
1.50 **Buddy Holly: Rave On**
3.05 **Discovering**
4.05 **Isle of Wight Festival Greatest Hits**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 5/26. (S6)
5.00 **Atlantis** 5/13. (S2)
6.00 **Star Trek: Deep Space Nine** 25/26. (S6)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S7)
10.00 **S.W.A.T.** *Contamination:* 12/22. Hondo attempts to find two men hellbent on killing millions in Los Angeles. (S1)
11.00 **Killer in My Village**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Giovanna Fletcher: Made in Italy**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition In Alberta.
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Fletchers' Family Farm** Reality series.
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **Botched** Double bill.
10.55 **Dr. 90210**
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Hart to Hart** 9/23. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 5/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 20–23/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *Somebody Just Walked Over My Grave:* 17/26. Jeff comes across a plot to kidnap the heir to a fortune. (S1)
10.00 **The New Avengers** *Target:* 6/13. The trio investigate a series of deaths involving fellow secret agents. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Professionals**
8.05 **The Adventures of Sherlock Holmes** Murder mystery.
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots**
12.25 PM **The Adventures of Sherlock Holmes**
1.30 **Magnum, PI**
2.30 **Kojak**
3.35 **Minder**
4.45 **The Professionals**
5.50 **BattleBots** New edition

8.00 Giant Lobster Hunters

6.55 **The Motorbike Show** Henry Cole meets the California-based Brit who is reviving the American chopper.

8.00 **Giant Lobster Hunters** The lives of lobster boat captains over the last ten weeks of winter rock lobster hunting seasons.

9.00 FILM **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold and Lisa Eilbacher. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Wrestling: AEW Dynamite**
1.10 AM **Dark Side of the Ring** New edition Owen Hart.
2.05 **Minder**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted US**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 18/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 11/26. (S5)
2.00 **Warehouse 13** 5/13. (S1)
3.00 **Stargate SG-1** 20/22. (S7)
4.00 **Star Trek: Voyager** (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 18/22. The crew are caught between two races fighting for survival. (S2)

11.00 True Blood

7.00 **Warehouse 13** *Claudia:* 5/13. Artie is abducted by a woman who holds him responsible for the death of her brother. (S1)

8.00 **Stargate SG-1** *Inauguration:* 20/22. Robert Kinsey attempts to wrest control of the Stargate program. (S7)

9.00 **The Walking Dead** *Wildfire:* 5/6. The group visit the Centre for Disease Control after the attack on their camp. (S1)

10.00 **Grimm** *Danse Macabre:* 5/22. Nick and Hank investigate the death of a popular music teacher eaten by rats. (S1)

11.00 **True Blood** 1/12. The first episode of the vampire drama. **12.00** M'T 2/12. Bill saves Sookie from the Rattrays. (S1)
1.00 AM **SurrealEstate** 1/10. Drama starring Tim Rozon. **2.00** 2/10. A boy's imaginary friend wreaks havoc. (S1)
3.00 **Spawn** 5&6/6. (S1)
4.00 **to 6.00** AM **Most Haunted US**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 6/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S6)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 6/16. A university rower is shot. (S2)
6.00 **Father Brown** *The Two Deaths of Hercule Flambeau:* The sleuth races to protect a crown that contains a nail from the crucifixion of Christ.

10.00 Father Brown

7.00 **The Mentalist** *Every Rose Has Its Thorn:* 19/24. The owner of an exclusive dating website is murdered. (S3)

8.00 **White Collar** *Forging Bonds:* 11/16. Neal reveals the secret story of his relationship with Kate to Pete. (S2)

9.00 **Death in Paradise** *Episode 3:* 3/8. The team investigate the murder of an estate agent during the sale of a beach. (S12)

10.00 **Father Brown** *The Great Train Robbery:* Lady Felicia and Mrs McCarthy are taken hostage when a train robbery goes awry.

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Hudson & Rex** As 5.00pm.
2.00 **Murdoch Mysteries** 3/13. The detective uses a film camera to catch a killer. (S6)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.35 **Open All Hours**
11.15 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

9.20 Gavin and Stacey

7.20 **Dad's Army** Captain Mainwaring sets up an observation post in the local lighthouse and annoys the ARP wardens.

8.00 **dinnerladies** The girls celebrate Japanese-style at their work party.
8.40 **Miranda** Penny throws a party to try and find a suitable man for Miranda.
9.20 **Gavin & Stacey** The bride-to-be goes on a hen party, while Gavin has two stag nights.

10.00 **The Royle Family** Denise is a bag of nerves as her wedding day arrives, while Antony is teased.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.10 **Bottom Live** Stage version of the comedy from 1993, in which Richie buys a blow-up doll.
3.20 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers: Best Of** Tailor-made picks.
1.00 PM **American Pickers**
2.00 **Speed with Guy Martin**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** From Kyoto.
6.00 **Rick Stein's Cornwall** Rick meets actor Barry Humphries. **6.30** Rick travels the Camel Estuary to a vineyard.

7.40 House of Games

7.00 **QI** With Clive Anderson, Jo Brand and Vic Reeves.
7.40 **Richard Osman's House of Games** Guests Raj Bisram, Josie Lawrence, Mark Watson and Laura Whitmore take part. **8.20** With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.

9.00 **QI XL** Host Sandi Toksvig is joined by guests Zoe Lyons, Dan Tiernan, Josh Widdicombe, and regular panellist Alan Davies.

10.00 **Have I Got a Bit More News for You** Rhod Gilbert hosts the quiz, with guests Lucy Prebble and Armando Iannucci.
11.00 **8 Out of 10 Cats**
11.40 **Mock the Week** Double bill.
1.00 AM **QI** As 7.00pm.
1.40 **Survivor South Africa**
2.45 **Release the Hounds: Jingle Hell** Charity special.
3.35 **to 4.00** AM **Travel Man: 48 Hours in Porto**

+1 hour 211/212 327 74

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 21-23/24. (S7)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Kirstie and Phil's Love It or List It** A couple from Chester need help deciding whether to sell or renovate their home.
8.00 **Jamie's £1 Wonders & Money-Saving Meals** Budget-beating recipes and tips for delicious food at low prices.
9.00 **24 Hours In Police Custody: Breakout** An escape attempt from the Yarl's Wood immigration removal centre.
10.00 **Accused: The Fake Grooming Scandal**
1.10 AM **8 Out of 10 Cats Does Countdown**
2.15 **Gogglebox Festive Special**
3.45 **to 5.00** AM **The Great Pottery Throw Down**

5USA

141/169 120/162 21 129

9.00 AM **NCIS: Hawaii** (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Love and War:* 14/25. The agents look into the private life of a murdered Navy captain. **7.00** *Deliverance:* 15/25. The team investigate the death of a Marine. **8.00** *Bounce:* 16/25. An old case is reopened. **9.00** *South by Southwest:* 17/25. The team go into the desert to locate an artist. (S6)
10.00 **Law & Order: Special Victims Unit** *PC:* 13/24. A killer appears to be targeting members of the gay community. **11.00** *Saviour:* 14/24. A religious fanatic targets prostitutes. (S11)
12.00 M'T **Law & Order: Special Victims Unit**
1.50 AM **New York Undercover** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **2024: Celebs We Cancelled** A look at the downfall of some of Britain's previously untouchable celebrities.
10.15 **Sleeping with My Murderer** True-crime.
11.15 **Murdered for Revenge**
12.15 AM **Evil Among Us: Ted Bundy** Documentary.
2.20 **TMZ: Hollywood's Ozempic Obsession**
3.10 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.35 **Outback Truckers**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.35 PM FILM **Man Without a Star** Western. (1955, PG, 89min) ★★
2.25 FILM **Seven Men from Now** Western. (1956, U, 77min) ★★★
4.05 **Outback Truckers**
5.05 **Traffic Cops**
6.00 **Police Interceptors** The firearms team try to tackle an armed suspect. **7.00** Phil Broughton is hot on the heels of dangerous driver. **8.00** Sgt Brian Blackmore and his team execute a dawn raid.
9.00 **Police: Night Shift 999**
10.00 **Criminals: Caught on Camera** Documentary.
11.05 **101 Near Misses**
12.00 M'T **Police Interceptors**
2.00 AM **Trucking Hell**
3.00 **Trucking Heavy**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Grenfell** As 7.00pm.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **DIY SOS: Grenfell** The team try to build a two storey flexible use centre.
8.00 **Inside the Ambulance** Crews attend to a man who is having a suspected stroke.
9.00 **999 Rescue Squad** Paramedic Kim climbs into a crushed car precariously balanced over a fast-flowing river. **10.00** A teenager is found with multiple stab wounds near his home.
11.00 **Gavin & Stacey**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Cat of Mastigatus:* A girl is left for dead at a boys' school fete. **9.00** *The Flower and the Fairway:* An American opens a golf club near Kembleford, but a body turns up in the reeds.
10.00 **New Tricks**
11.20 **Bergerac**
12.30 AM **Atlantic Crossing**
1.45 **London's Burning**
2.45 **to 4.00** AM **Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** Pembrokeshire.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Helicopter ER Critical Hour** The Yorkshire Air Ambulance crew are called to an accident after four people lose control of a stolen lorry.
10.00 **Helicopter ER** The Yorkshire Air Ambulance crew respond to a motorway crash.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Unexplained: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 7.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Bob's Full House**
11.40 **Bruce Forsyth's Generation Game**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze**
6.00 **Bob's Full House** Bingo-based game.
6.40 **Bruce Forsyth's Generation Game**
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Warwick Davis hosts as five co-workers from a university finance department take part.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **The Panzer**
9.00 FILM **Biggles: Adventure in Time** Fantasy adventure. (1986, PG, 108min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Battle of Rogue River** Western. (1954, PG, 90min) ★★
2.30 FILM **Badland** Western. (2019, 12, 107min) ★★
5.10 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 FILM **The Comancheros** Western with John Wayne and Stuart Whitman. (1961, PG, 102min) ★★★
10.20 FILM **The Marine** Action thriller starring John Cena and Robert Patrick. (2006, 15, 92min) ★★
12.20 AM FILM **Bermuda Tentacles** Thriller. (2014, 12, 86min) ★★
2.10 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **A Killer in My Home** (2020, 12) ★
10.55 FILM **Kill Thy Neighbour** Thriller. (2018, 12, 90min) ★★
1.00 PM FILM **Her Final Bow** Thriller. (2017, PG) ★★
2.55 FILM **The Daughter Stalker** Crime thriller. (2020, PG, 86min) ★★
5.00 FILM **Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
7.00 FILM **Cheaper by the Dozen 2** Comedy sequel. (2006, PG) ★★★★
9.00 FILM **Alien: Covenant** Sci-fi thriller sequel. (2017, 15, 117min) ★★★
11.45 FILM **Resident Evil** Horror thriller. (2002, 15, 100min) ★★★
1.55 AM FILM **Lost Letter Mysteries: The Impossible Dream** Drama. (2015, PG) ★★
4.00 **to 6.00** AM FILM **Fatal Trust** (2016, 12) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Love, Fall & Order** Romantic drama. (2019, U, 84min) ★★
10.15 FILM **Under the Autumn Moon** Comedy. (2018, PG, 86min) ★★
12.05 PM FILM **Moonlight in Vermont** Drama. (2017, PG, 90min) ★★
2.00 FILM **Autumn in the City** Drama. (2022, U) ★★
4.05 FILM **Home for Harvest** Drama. (2019, PG) ★★
6.10 FILM **A Country Romance** Drama. (2021, PG, 83min) ★★
8.00 FILM PREMIERE **Cabin Connection** Drama. (2022, PG, 89min) ★★
9.55 FILM **One Winter Proposal** Comedy sequel. (2019, PG, 84min) ★★
11.50 FILM **Love in the Sun** Drama. (2019, PG) ★★
1.45 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **Dater's Handbook** Comedy. (2016, U, 83min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn and His Friends** 5/26. (S1)
9.00 **Space 1999** 3/24. (S1)
10.00 **Bewitched** 35/36. (S1)
10.30 **Watching** 2/9. (S4)
11.00 **A Fine Romance** (S1)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Dick Turpin** (S3)
1.00 PM **Department S** (S2)
2.00 FILM **Rising Damp** Comedy. (1980, PG) ★★
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 2/9. (S4)
6.00 **Bewitched** 35/36. (S1)
6.30 **Married... With Children**
7.00 **Fantasy Island** (S1)
8.00 **Dick Turpin** (S3)
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Monkey** 23/26. (S1)
12.30 AM **Stereo Underground**
1.30 **Bubblegum & Cheese**
2.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** *Cornelia Marie*'s crane comes off the rails. **8.00** A *Cornelia Marie* deckhand suffers a blow that requires emergency surgery at sea by Casey.
9.00 **Wheeler Dealers** Mike and Elvis resuscitate a 1974 Jaguar XJ6. **10.00** After years of looking, Mike's found the ultimate '80s hot hatch.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin's United Cakes of America** Double bill.
7.00 **The Pioneer Woman**
9.00 **Hairy Bikers' Mississippi Adventure**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **Hairy Bikers' Mississippi Adventure**
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's Islands to Highlands** James and Mark Jordan explore the delights of Guernsey.
10.00 **James Martin's United Cakes of America**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 22/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 15/22. (S2)
11.00 FILM **Shark Lake** Thriller. (2015, 15, 89min) ★★
1.00 PM FILM **Tremors 3: Back to Perfection** Comedy sequel. (2001, PG, 100min) ★★★
3.00 FILM **Strange Invaders** Sci-fi action comedy. (1983, 12, 89min) ★★
5.00 **Star Trek** 21/24. (S3)
6.00 **T.J. Hooker** 16/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Bullet to the Head** Action thriller. (2012, 15, 89min) ★★★
10.55 FILM **Nowhere to Run** Romantic action thriller. (1993, 15, 95min) ★★
12.50 AM FILM **Bulletproof** Action drama. (2019, 15, 110min) ★★★
3.00 **to 4.55** AM FILM **The Shed** Horror. (2019, 15, 98min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **At the Earth's Core** As 5.00pm.
8.00 FILM **Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
10.00 **Andromeda** 19/22. (S5)
11.00 FILM **2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
1.00 PM FILM **George and the Dragon** Fantasy. (2004, PG) ★★★
3.00 **Andromeda** 19/22. (S5)
4.00 **Star Trek** 6/30. (S1)
5.00 FILM **At the Earth's Core** Sci-fi adventure. (1976, PG, 86min) ★★★
7.00 **Andromeda** 20/22. (S5)
8.00 **Star Trek** 7/30. (S1)
9.00 FILM **Convoy** Action comedy. (1978, 12, 110min) ★★★
11.10 FILM **Office Uprising** Comedy horror. (2018, 15, 92min) ★★
1.00 **to 3.00** AM FILM **The Cleaning Lady** Horror. (2018, 18, 90min) ★★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters...**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Egypt's Unexplained Files** The Great Pyramid.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters Down Under**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Mission Unexplained**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal: Caught on Camera – Top 100**
1.00 AM **Close Encounters...**
2.00 **Phantom Signals**
3.00 **Hardcore Pawn**
3.25 **Auction Kings**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.05 **Nick Knowles' Big House Clearout**
11.05 **Ben Fogle: New Lives in the Wild** Double bill.
1.05 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Walking Britain's Roman Roads** Dan Jones explores Britain's Roman roads.
9.00 **The Colosseum: The Arena of Death with Dan Snow** The story of one of the world's most famous buildings.
10.00 **Lost Scrolls of Pompeii: New Revelation**
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.05 AM **Bargain-Loving Brits in the Sun**
3.05 **Nick Knowles' New Year Clearout**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A couple of returning ex-pats look for a home in rural Somerset.
9.00 **The Great Pottery Throw Down** The 10 remaining contestants tackle raku firing. **10.00** Judge Sue Pryke sets a challenge to make two vases.
11.00 **Home Town** An interior designer wants to buy a starter home in Laurel.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **1000-lb Sisters** Amy thinks Tammy's nurse is not pushing her enough.
8.00 **My 600lb Life: Where Are They Now?** An update on the weight-loss fortunes of Janine.
10.00 **My 600lb Life**
12.00 M'T **Body Bizarre**
1.00 AM **Strange Love**
2.00 **My 600lb Life: Where Are They Now?**
4.00 **to 6.00** AM **My 600lb Life**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 4&5/25. (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 20&21/22. (S7)
1.00 PM **Friends** (S6)
8.00 **Friends** 19/25. Rachel longs to find a date for a charity ball. **8.30** 20/25. Joey auditions for a major TV show about a man and his crime-fighting robot. (S6)
9.00 **Mr Bean** Double bill.
10.00 FILM **Boogie Nights** Comedy drama starring Mark Wahlberg and Burt Reynolds. (1997, 18, 156min) ★★★★
1.05 AM **Whose Line Is It Anyway? USA**
3.05 **Key & Peele**
3.45 **The Daily Show** New edition Talk show.
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** (S4&5)
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 1&2/13. (S1)
4.00 **New Girl** 4&5/25. (S2)
5.00 **Becker** (S4&5)
6.00 **Home Improvement**
8.00 **Last Man Standing** 20/22. Mike introduces Mandy to design-savvy influencer Celia. **8.30** 21/22. Vanessa has prepared a poem for newcomer Jen. (S7)
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 15-18/24. (S5)
12.00 M'T **Al Murray: One Man, One Guvnor Uncut**
1.50 AM **The Ricky Gervais Show** 1-6/13. (S1)
4.30 **The Ren & Stimpy Show** 5&6/14. (S4)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Stop, Search, Seize** Documentary.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 5/12. (S4)
6.00 **New Amsterdam** *Grabby Hands:* 5/13. Reynolds goes the extra mile to help some patients. (S5)
7.00 **MacGyver** 9&10/21. (S1)
9.00 **SurrealEstate** (S1)
11.00 **For Life** 5/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own Road Trip: Southeast Asia**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 4/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **Teen Mom UK: Amber's Story** Amber talks about trolling, regrets and being the most hated Teen Mom.
9.00 **Skin A&E** The specialist clinic opens its doors to patients with acne, psoriasis and cysts.
11.00 **Ink Master** Christian Buckingham and Cleen Rock One finally settle the score.
12.00 M'T **MTV Push Presents: Chappell Roan** Chappell Roan chats to MTV about her life and career.
12.30 AM **MTV Push Presents: Teddy Swims**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold** State inspectors make a surprise visit to the mine. **4.00** Chambo and Andy reach a breaking point.
5.00 **Deadliest Catch** Casey hunts for the elusive bairdi crab.
6.00 **Wheeler Dealers World Tour** Australia's favourite pick up.

9.00 Mystery at Blind Frog Ranch

7.00 **Salvage Hunters** Drew Pritchard visits a north London emporium full of antique shop fittings that will surprise.

8.00 **Gold Rush** Tensions escalate when two crewmembers get into a fight on Kevin's claim.

9.00 **Mystery at Blind Frog Ranch** New edition Professional treasure hunter Josh Feldman joins the search for Aztec gold.

10.00 **Lost Monster Files** New edition Ozarks locals report encounters with a mysterious, dragon-like beast.

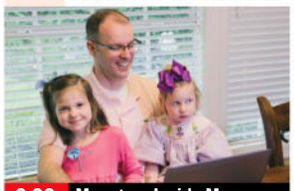
11.00 **Gold Divers** Part one of two. With a big storm approaching, the fleet race to mine.
12.00 M'T **Street Outlaws**
1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
2.00 **Lost Monster Files**
3.00 **Gold Rush** New edition
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **The Aquarium** Double bill.
4.00 **Saved by the Barn** Dan goes to Chicago to give cockfighting roosters a second chance.
5.00 **Dr Jeff: Rocky Mountain Vet** A puppy breaks its leg after falling off a trampoline.
6.00 **Extinct or Alive** Forrest Galante treks into the Sierras.



9.00 Monsters Inside Me

7.00 **Amanda to the Rescue** Amanda Geise and her children travel to Hawaii where they meet dogs perfect for Panda Paws.

8.00 **Insane Pools: Off the Deep End** Building a Rocky Mountain-style lagoon for a family living in the Florida wetlands.

9.00 **Monsters Inside Me** A Christmas baby is infected in utero, while a school teacher's Thanksgiving is disrupted.

10.00 **Alaska: The Last Frontier** The Kilchers spend Thanksgiving together on Atz Senior's floating homestead.

11.00 **Monsters Inside Me** A man discovers worms are crawling throughout his lungs.
12.00 M'T **Guardians of Rescue** A claim about dogs on a roof.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Atlantis: Draining the Lost City** The fabled city of Atlantis.
4.00 **Seconds from Disaster** The Deepwater Horizon oil spill.
5.00 **Car S.O.S** Tim and Fuzz work on a Talbot Sunbeam Lotus.
6.00 **Construction Fails** Tunnel cave-ins and a bridge collapse.

8.00 Hindenburg: The New...

7.00 **Air Crash Investigation** The investigation into the crash of a Pakistani airliner in the Himalayas is derailed.

8.00 **Hindenburg: The New Evidence** Recovered film footage provides fresh insight into the Zeppelin crash.

9.00 **Drain the Oceans** Exploring the bottom of the Atlantic Ocean to see why so many ships and aircraft have met disaster.

10.00 **Titanic: The Final Secret** How a covert investigation for the US Navy during the Cold War led to the discovery of the wreck.

11.00 **Air Crash Investigation**
12.00 M'T **Colossal Machines**
1.00 AM **Lost Treasures of the Bible** Documentary.
2.00 **Money Meltdown**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **When Sharks Attack**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Flipping Bangers**
7.45 **Dirty Old Cars** Double bill.
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Secret Societies: In the Shadows** Freemasons.
1.00 PM **Dirty Old Cars**
2.00 **Winston Churchill's War**
4.00 **Pawn Stars** Four editions of the documentary, including at: **5.30** A first edition of Oscar Wilde's *The Happy Prince*.
6.00 **American Pickers** Perusing a stockpile of industrial relics.

8.00 Container Wars

7.00 **Forged in Fire** Four smiths create a knife from the most mangled mess of a vehicle ever seen on the forge floor.

8.00 **Container Wars** A container from the Far East arrives in Los Angeles. **8.30** A team of bidders use aggressive tactics.

9.00 **Royal Autopsy** Part one of two. Professor Alice Roberts revisits the death of King Charles II.

10.00 NEW SERIES **Ancient Aliens: Origins** A look at the most compelling mysteries featured on the *Ancient Aliens* series.

12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Holy Marvels with Dennis Quaid** The actor marvels at the determination of the people who built Stonehenge and the Moai statues of Easter Island.
3.00 **Container Wars**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The World at War**
11.00 **Adolf Hitler's War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The Buildings That Fought Hitler** Rob Bell explores the coastal defence network built to defend Britain's beaches.
5.00 **World War Weird**
6.00 **Antiques Roadshow** From Walmer Castle in Kent.

9.00 Warship: Tour of Duty

7.00 **Great American Railroad Journeys** Michael Portillo travels from Sedalia to St Joseph in Missouri.

8.00 **Trawlermen: Hunting the Catch** Siwrengale skipper Darren Warters is out in the North Sea for the whelk season.

9.00 **The Warship: Tour of Duty** HMS *Queen Elizabeth* runs the gauntlet of hostile Russian warships and jet fighters.

10.00 **Bangers & Cash** Derek brings a small army of military hardware to Thornton le Dale including a WWII-era Willys Jeep.

11.00 **Abandoned Engineering** Claustrophobic prison cells that contain a story worthy of international acclaim.
12.00 M'T **Great Continental Railway Journeys** A rail journey through Germany.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
9.00 **The Yorkshire Auction House** A widow gets a surprise when her late husband's collection sells for a small fortune.
10.00 **Celebrity Yorkshire Auction House** Anthea Turner reveals a secret talent to Angus at her dad's home.
11.00 **The Repair Shop**
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** True-crime.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **People Magazine Investigates** New edition
11.00 **People Magazine Presents 50th Anniversary** New edition
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to...**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** Two girls who phoned 999 after their mother fell from the loft. **7.30** A boy gets trapped inside a tumble dryer.
8.00 **Cold Justice** The 1999 disappearance of a popular single mother.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 **Fatal Frontier: Evil in Alaska** When a nurse goes missing, her loved ones worry something is terribly wrong.
11.00 **Descent of a Serial Killer** Oscar Bolin.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Fatal Frontier: Evil in Alaska** As 10.00pm.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files**
11.00 **Medical Detectives**
2.00 PM **Donal MacIntyre's Murder Files**
4.00 **Medical Detectives** Using computer image enhancement to study bite wounds on a corpse. **4.30** The clerk of an Atlanta-area smoke shop is shot during a robbery. **5.00** A housewife is found dead, but police initially rule out foul play. **5.30** An innocent man's DNA is found at the scene of a home invasion. **6.00** Investigating the death of a 16-month-old baby from E-coli. **6.30** After a woman goes missing, her husband is the prime suspect.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **What the Killer Did Next** Sabina Nessa.
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **What the Killer Did Next** Michael Ryan.
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 NEW **Menendez & Menudo: Boys Betrayed**
10.05 **Murder of Grace Millane**
12.00 M'T **World's Most Evil...**
1.00 AM **Who Killed Jill Halliburton Su?**
3.10 **Brit Cops: War on Crime**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the...**
8.35 **Lost World of Angkor Wat** Documentary.
9.40 **Full Steam Ahead**
10.55 NEW **Pearl Harbor: The Heroes Who Fought Back** Documentary.
11.55 **Forgotten Allies: The Search for Burma's...**
1.00 PM **America the...**
1.50 **Lost World of Angkor...**
2.55 **Full Steam Ahead**
4.05 **Pearl Harbor: Heroes Who Fought Back**
5.10 **Forgotten Allies: The Search for Burma's Lost Heroes**
6.15 **Lost World of Angkor...**
7.25 **Full Steam Ahead**
8.40 **Pearl Harbor: The Heroes Who Fought Back** Documentary.
9.40 **Forgotten Allies: The Search for Burma's Lost Heroes**
10.45 **Full Steam Ahead**
12.00 M'T **Pearl Harbor...**
1.05 **to 2.00** AM **America the Bountiful**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Guest Wing**
7.00 **Discovering: Gina Lollobrigida**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Rolling Stone: Stories from the Edge**
11.00 **Urban Secrets**
12.00 NOON **The Last Rider**
2.00 PM **The Man Who Stole The Scream** Documentary.
4.00 **The Directors**
5.00 **Discovering: Gina Lollobrigida**
6.00 **The Sixties**
7.00 **Dart Kings** 1/3. Documentary looking at the sport during the 1970s, 1980s and 1990s.
8.00 **Williams & Mansell: Red 5** The rise of driver Nigel Mansell and the Williams F1 racing team.
9.50 **What's My Name: Muhammad Ali** 1&2/2. Documentary chronicling the life of the sporting legend.
1.00 AM **Val** The life of Val Kilmer.
3.00 **Barbie Uncovered: A Dreamhouse Divided**
4.50 **My Icon: Kadeen Corbin**
5.00 **to 6.00** AM **Discovering: Gina Lollobrigida**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Nomads of the Serengeti**
11.00 **Orangutan Jungle School**
12.00 NOON **Arabian Inferno**
1.00 PM **Monkey Life** Double bill.
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Nomads of the Serengeti**
5.00 **My Garden of a Thousand Bees**
6.00 **Arabian Inferno**
7.00 **Monkey Life** Double bill.
8.00 **Airborne** Exploring how animals defy gravity to gather food.
9.00 **Wildlife ER** New edition The work of staff at the RSPCA Hospital in Brisbane, Australia.
10.00 **Arabian Inferno** Exploring the Arabian Peninsula.
11.00 **My Garden of a Thousand Bees**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Israel**
2.00 **Airborne** As shown at 8.00pm.
3.00 **Wildlife ER** Documentary.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.50 **Dunkirk** Documentary.
8.50 **Traitors** Marcus Wolf.
10.00 **Phantom Signals**
11.00 **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Dunkirk** Documentary.
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters** Double bill.
8.00 **The UnXplained with William Shatner** Double bill.
10.00 **Medieval Murder Mysteries**
11.00 **Secret Societies: In the Shadows** A look at Le Cercle.
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Alice Roberts tells the story of Viking England by studying the history of York.
3.00 **Secrets of Great British Castles** Dan Jones explores the history of Stirling Castle.
4.00 **Weird or What? With William Shatner** Paranormal mysteries.
5.00 **to 6.00** AM **Close Encounters**

Crime+Investigation

156 837 133

6.00 AM **The First 48 Presents: Critical Minutes**
7.00 **Homicide Hunter**
8.00 **After the First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Green Eyed Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Killer USA** Jeanine Hannah.
3.00 **Killer Britain with Dermot Murnaghan** Mark Jewitt.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **The First 48 Presents: Critical Minutes**
7.00 **After the First 48**
8.00 **Murder By Medic**
9.00 **My Strange Arrest** New editions
10.00 **Cops Uncensored**
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **My Strange Arrest**
2.00 **Phrogging: Hider in My House**
3.00 **Murder by Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Madagascar's Weirdest**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Serengeti: Stampede of the Megaherd** Documentary.
3.00 **Serengeti: Assault on the Megaherd**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley tackles the castration of a huge muskox.
8.00 **Africa's Hunters** A powerful pride of 20 lions finds itself with only one cub.
9.00 **Africa's Deadly Kingdoms** Exploring the wildlife of South Africa's west coast.
10.00 **Alaska: The Next Generation**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet** A routine piglet castration turns dangerous.
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 6.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shark's Paradise**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project**
8.00 **Shark's Paradise**
9.00 **Combat Dealers: Reloaded** Bruce Crompton and his team go on a tour across Europe.
10.00 **Shed and Buried** Henry Cole and Sam Lovegrove find a barn full of rare vehicles. **10.30** Henry and Sam head to Witney, Oxfordshire.
11.00 **World's Greatest Motorcycle Rides** Motorcycle expert Henry Cole tours Germany.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **World's Greatest Palaces**
1.00 PM **World's Greatest Palaces**
7.00 **World's Greatest Palaces** Behind the scenes of Hampton Court Palace, which started out life as a Tudor palace in 1515. **8.00** Behind the scenes of Schönbrunn Palace in Austria, which is located in a 500-acre park and includes an orangery. **9.00** The Château de Fontainebleau in France, which began life as a medieval castle in the 12th century before being turned into a renaissance palace in the 1500s. **10.00** A visit to Peles Castle in Romania, which was built in a medieval style in 1914. **11.00** Behind the scenes of the Royal Palace of Stockholm. **12.00** M'T Behind the scenes of Lukshmi Vilas Palace in India, which was built in 1890.
1.00 AM **World's Greatest Palaces**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **The Killer in My Family**
9.00 **The Murder Tapes**
11.00 **Murder Chose Me**
1.00 PM **Betrayed** Double bill.
3.00 **Til Death Do Us Part**
5.00 **True Conviction**
7.00 **Death by Fame**
8.00 **Calls from the Inside** A Florida man's wife goes missing, but a grainy videotape may reveal her grisly fate. The killer's jailhouse phone calls threaten to widen the circle of fatalities.
9.00 **Kiss of Death** A seasoned EMT meets a woman at the hospital they work at. Sparks fly and they marry, living a life of luxury. But in time, the façade unravels.
10.00 **Breaking Point**
11.00 **Ken and Barbie Killers: The Lost Murder Tapes**
12.00 M'T **House of Horrors: Kidnapped** Double bill.
2.00 AM **True Conviction**
4.00 **Death by Fame**
5.00 **to 6.00** AM **Calls from the Inside**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Bad Chad Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** Motoring series.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Roadworthy Rescues** Moving a 1964 Chevrolet Bel Air out of a field proves to be a tough task.
9.00 **Bad Chad Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.10 AM **Problemista** Comedy. (2024, 15, 104min) ★★★
9.00 **The Convert** Action drama. (2024, 15, 119min) ★★★★
11.10 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
12.45 PM **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
2.20 **A Quiet Place: Day One**
4.05 **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

10.00 Get Away

8.00 Godzilla x Kong: The New Empire Fantasy adventure starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. With Dan Stevens. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 PREMIERE Get Away Horror comedy written by and starring Nick Frost, with Aisling Bea. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **A Quiet Place: Day One** Horror starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
1.20 AM **Abigail** Horror thriller. (2024, 18, 105min) ★★★★
3.15 **PREMIERE Get Away** (2024)
4.50 **to 6.25** AM **The 4:30 Movie**

Sky Cinema Hits

303 403 503 517

6.20 AM **The Adjustment Bureau**
8.20 **Star Trek Beyond** As 8pm.
10.35 **Terminator Salvation** (2009)
12.45 PM **Jason Bourne** Action thriller starring Matt Damon. (2016, 12, 123min) ★★★
2.55 **Minority Report** Steven Spielberg's sci-fi thriller. (2002, 12, 145min) ★★★★
5.35 **Star Trek Into Darkness** Sci-fi adventure starring Chris Pine and Zachary Quinto. (2013, 12, 132min) ★★★★

5.35 Star Trek Into Darkness

8.00 Star Trek Beyond Sci-fi adventure starring Chris Pine, Zachary Quinto and Idris Elba. The *USS Enterprise* is lured into a deadly trap, which leaves the crew stranded on an unexplored alien world. (2016, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Terminator Salvation Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Star Trek Into Darkness**
2.20 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★
4.10 **to 6.00** AM **Voyagers** Sci-fi thriller starring Colin Farrell. (2020, 15, 108min) ★★★

Sky Cinema Drama

310 410 510 524

6.00 AM **Calvary** As 4.50am.
7.45 **Lamborghini: The Man Behind the Legend** Drama with Frank Grillo. (2022, 12, 97min) ★★
9.25 **Sunset Boulevard** As 4.15pm.
11.15 **Scent of a Woman** Coming-of-age drama starring Al Pacino. (1992, 15, 157min) ★★★★
2.00 PM **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
4.15 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
6.10 **Alfie** Comedy drama remake starring Jude Law as a womanising limousine driver. (2004, 15, 106min) ★★★
8.00 **Save the Last Dance** Romantic teen drama starring Julia Stiles. (2001, 12, 113min) ★★★
10.05 **Save the Last Dance 2** Romantic dance drama sequel starring Izabella Miko. (2006, 12, 90min) ★★
11.50 **The United States vs. Billie Holiday** As shown at 2.00pm.
2.05 AM **Carmen** Musical with Paul Mescal. (2022, 15, 116min) ★★★
4.10 **Sky Cinema Preview**
4.50 **to 6.40** AM **Calvary** Dark comedy with Brendan Gleeson. (2014, 15, 99min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.00 AM **Pearl** As 12.20am.
7.55 **The Harbinger** As 2.05am.
9.35 **I.S.S** As shown at 4.05am.
11.25 **Annabelle** Horror with Annabelle Wallis. (2014, 15, 97min) ★★
1.20 PM **Silent Running** Cult sci-fi drama starring Bruce Dern. (1972, U, 90min) ★★★★
3.00 **Blade Runner** As 10.10pm.
5.05 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
8.00 **Ghostbusters** Fantasy comedy reboot starring Kristen Wiig and Melissa McCarthy. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
10.10 **Blade Runner** Ridley Scott's futuristic thriller starring Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★
12.20 AM **Pearl** Horror with Mia Goth. (2022, 15, 103min) ★★★★
2.05 **The Harbinger** Horror thriller. (2022, 15, 87min) ★★★★
3.45 **The Cinema List: Sci-Fi**
4.05 **I.S.S** Sci-fi suspense thriller. (2023, 15, 95min) ★★★
5.55 **to 7.55** AM **Next Exit** Sci-fi comedy starring Katie Parker. (2022, 15, 106min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.20 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
9.10 **Bicentennial Man** Sci-fi drama. (1999, PG, 131min) ★★★
11.30 **The BFG** As 6.00pm.
1.40 PM **Blue Beetle** Fantasy. (2023, 12, 127min) ★★★★
4.00 **Pan** Fantasy prequel to *Peter Pan*. (2015, PG, 111min) ★★★
6.00 **The BFG** Fantasy adventure starring Mark Rylance, Ruby Barnhill and Penelope Wilton. (2016, PG, 117min) ★★★★

6.00 The BFG

8.05 **Goosebumps 2: Haunted Halloween** Comedy sequel starring Madison Iseman. Two youngsters unleash all manner of monsters from a locked manuscript. (2018, PG, 86min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

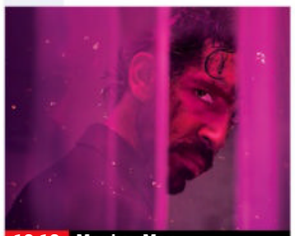
9.45 **Maya the Bee** Animated adventure featuring the voices of Coco Jack Gillies and Kodi Smit-McPhee. A curious young bee and her friends try to recover some royal jelly stolen from her hive. (2014, U, 86min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Addams Family** Black comedy with Anjelica Huston. (1991, PG, 95min) ★★★★
1.15 AM **Ride On** Chinese action drama starring Jackie Chan and Liu Haocun. Subtitled. (2023, PG, 126min) ★★★
3.30 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
5.20 **to 6.55** AM **Maya the Bee**

Sky Cinema Stunts

307 407 507 521

6.00 AM **The Way of the Dragon**
7.45 **The Fast and the Furious: Tokyo Drift** (2006, 12) ★★
9.35 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
11.25 **Hero** Chinese adventure. (2002, 12, 99min) ★★★★
1.10 PM **The Mask of Zorro** Adventure. (1998, PG) ★★★★
3.30 **The Legend of Zorro** Adventure. (2005, PG) ★★★
5.45 **Fast & Furious 5** Thriller sequel. (2011, 12, 130min) ★★★



10.10 Monkey Man

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

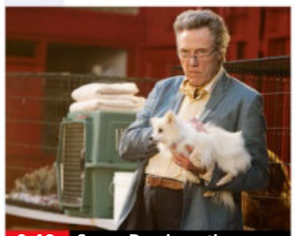
10.10 **Monkey Man** Action thriller starring Dev Patel and Sharlto Copley. A man unleashes a campaign of vengeance against the men who killed his mother. (2024, 18, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **John Wick** Action thriller starring Keanu Reeves. (2014, 15, 101min) ★★★★
2.00 **The Legend of Zorro** (2005)
4.15 **Sky Cinema Preview**
5.15 **to 7.00** AM **The Way of the Dragon** Martial arts adventure. (1972, 18, 99min) ★★★

Sky Cinema Comedy

308 408 508 522

6.10 AM **Snow Day** As 3.10pm.
7.45 **Sweethearts** As 4.45pm.
9.30 **Pixels** Comedy. (2015, 12) ★★
11.20 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
1.10 PM **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
3.10 **Snow Day** Family comedy. (2000, PG, 89min) ★★
4.45 **Sweethearts** Comedy. (2024, 15, 105min) ★★★
6.30 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★



9.40 Seven Psychopaths

8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Seven Psychopaths** Dark comedy thriller starring Colin Farrell and Christopher Walken. A Hollywood screenwriter gets caught up in murderous mayhem after his actor friend kidnaps a mobster's prized dog. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
1.50 AM **The Machine** Comedy. (2023, 15, 112min) ★★★
3.45 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
5.25 **to 7.10** AM **Earth Girls Are Easy** Musical comedy. (1988, PG, 100min) ★★★

Sky Cinema Thriller

309 409 509 523

6.05 AM **Parallel** As 3.45am.
7.50 **The Young Master** Action comedy. (1980, 15) ★★★★
9.50 **The Saint** (1997, 12) ★★★
12.00 NOON **Mona Lisa and the Blood Moon** Mystery thriller. (2021, 15, 106min) ★★★★
2.00 PM **Missing** Thriller with Storm Reid. (2023, 15, 111min) ★★★
4.05 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
6.00 **Escape from Alcatraz** Prison drama. (1979, 15) ★★★★

6.00 Escape from Alcatraz

8.00 **Ocean's Eight** Crime caper, starring Sandra Bullock, Cate Blanchett, Anne Hathaway and Mindy Kaling. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **American Gigolo** Thriller starring Richard Gere and Lauren Hutton. A highly paid gigolo becomes involved with the wife of a senator and finds himself framed for the murder of one of his clients. (1980, 18, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Barber** Mystery drama. (2023, 15, 90min) ★★★
1.45 **Wanted** Fantasy action thriller. (2008, 18, 105min) ★★★
3.45 **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Picnic** Melodrama. (1955, U, 113min) ★★★
1.15 PM **Robin and Marian** Drama. (1976, PG, 106min) ★★★★★
3.25 **River of No Return** Western. (1954, PG, 91min) ★★★
5.15 **Earth Vs the Flying Saucers** Thriller with Hugh Marlowe. (1956, b/w, U, 83min) ★★★
6.55 **Central Intelligence** Action comedy with Dwayne Johnson. (2016, 12, 107min) ★★★

10.50 Firestarter

Central Intelligence (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. An assassin seeks to avenge the murder of his mentor. (2011, 15, 93min) ★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Firestarter** Thriller starring Zac Efron and Ryan Kiera Armstrong. (2022, 15, 94min) ★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Naked Gun** Spoof police thriller starring Leslie Nielsen and Priscilla Presley. (1988, 15, 85min) ★★★★ **11 PM**
2.20 **to 4.00** AM **Straightheads** Revenge thriller starring Gillian Anderson and Danny Dyer. (2006, 18, 79min) ★

+1 hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

7.00 AM **Steve Jobs** Biopic. (2015, 15, 119min) ★★★★
9.05 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
11.10 **The Untouchables** Brian De Palma's gangster thriller. (1987, 15, 119min) ★★★★★
1.10 PM **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
3.20 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
5.35 **The Holiday** Romantic comedy starring Cameron Diaz, Kate Winslet, Jude Law and Jack Black. (2006, 12, 135min) ★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
12.45 AM **Mother!** Thriller with Jennifer Lawrence and Javier Bardem. (2017, 18, 121min) ★★★★
2.50 **Rosemary's Baby** Chiller. (1968, 18, 137min) ★★★★★
5.10 **to 6.00** AM **Gorillas in the Mist** Fact-based drama. (1988, 12, 124min) ★★★★

Sky Cinema Greats

304 404 504 518

6.20 AM **The Day of the Jackal**
8.45 **Public Enemies** Biopic. (2009, 15, 140min) ★★★★
11.10 **Jarhead** Military drama. (2005, 15, 123min) ★★★★
1.15 PM **Dunkirk** Christopher Nolan's wartime drama starring Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★
3.05 **Top Gun** Action drama with Tom Cruise. (1986, 12, 110min) ★★★
5.00 **Gran Torino** Drama directed by and starring Clint Eastwood, with Bee Vang and Ahney Her. (2008, 15, 116min) ★★★★
7.00 **8 Mile** Urban drama starring Eminem and Kim Basinger. (2002, 15, 112min) ★★★
9.00 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni. (1995, 15, 118min) ★★★
11.00 **Bad Boys II** Action comedy thriller sequel starring Will Smith. (2003, 15, 147min) ★★★
1.30 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
3.55 **Sky Cinema Preview**
4.30 **to 6.35** AM **Gran Torino** (2008)

Sky Cinema Animation

305 412 500 514

6.00 AM **Mary and the Witch's Flower** Animated adventure. (2017, U, 99min) ★★★
7.50 **Wallace & Gromit: The Curse of the Were-Rabbit** Animated comedy adventure. (2005, U, 85min) ★★★★★
9.20 **Home** As shown at 5.55pm.
11.00 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
12.50 PM **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★
2.25 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
4.00 **The Lego Batman Movie**
5.55 **Home** Animated adventure. (2014, U, 94min) ★★★
7.35 **Captain Underpants** Animation with the voice of Kevin Hart. (2017, U, 89min) ★★★★
9.10 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
11.05 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
12.45 AM **Monster Family 2** Animated comedy sequel. (2021, U, 90min) ★
2.35 **Pil's Adventures** As 2.25pm.
4.15 **Captain Underpants** (2017)
5.50 **to 7.30** AM **Monster Family**

Movies 24

312 419

7.00 AM **Love, Classified** Drama. (2022, PG, 90min) ★★
9.00 **A Honeymoon to Remember** Romantic drama with Rebecca Dalton. (2021, PG, 85min) ★★
11.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
1.00 PM **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Crime drama. (2021, PG, 84min) ★★
3.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
5.00 **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
7.00 **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
9.00 **Aurora Teagarden Mysteries: Haunted By Murder** Crime drama starring Candace Cameron Bure and Niall Matter. (2022, PG, 84min) ★★
11.00 **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
1.00 AM **A Snapshot of Forever** Romantic comedy drama. (2022, PG, 86min) ★★
3.00 **to 5.00** AM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Hyde Park Corner** Comedy. (1935, b/w, PG, 85min) ★★★
7.40 **Shadow of Fear** Thriller. (1963, b/w, U, 63min) ★★
8.50 **Tomorrow** Drama. (1972, b/w, PG, 103min) ★★★
10.55 **Woman on the Run** Drama. (1950, b/w, PG, 77min) ★★★
12.30 PM **The Four Just Men** (S1)
1.05 **Mutiny** Adventure starring Mark Stevens. (1952, U, 77min) ★
2.40 **Beneath the Twelve Mile Reef** Romantic adventure with Robert Wagner. (1953, PG, 102min) ★★
4.40 **Crooks in Cloisters** Comedy caper. (1963, U, 97min) ★★★
6.40 **The Brave Don't Cry** Drama. (1952, b/w, U, 90min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **The World of Hammer**
9.40 **Cellar Club with Caroline Munro**
9.50 **Hammer House of Mystery and Suspense** 13/13. (S1)
11.20 **Cellar Club with Caroline Munro**
11.25 **The Legend of the 7 Golden Vampires** Horror. (1974, 15) ★★
1.10 AM **The New Kids** Thriller. (1985, 15, 89min) ★★★
3.00 **Valentino** Romantic biopic. (1951, b/w, PG, 105min) ★
5.05 **A Society Sensation**
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM LIVE **WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
7.00 LIVE **DP World Tour Golf** Coverage of the first day of the Team Cup, a three-day match play contest which sees Continental Europe face Great Britain & Ireland at Abu Dhabi Golf Resort.
1.00 PM **Transfer Centre**
3.00 LIVE **SA20 Durban's Super Giants v Pretoria Capitals.** Coverage of the T20 match at Kingsmead Cricket Ground.
7.30 LIVE **Bundesliga Borussia Dortmund v Bayer Leverkusen.** Coverage of the German top-flight match at Signal Iduna Park. Kick-off **7.30pm**.
9.30 LIVE **PGA Tour Golf** Coverage of the featured groups on day two of the Sony Open in Honolulu.
12.00 M'T LIVE **PGA Tour Golf** Coverage of day two of the Sony Open in Hawaii at the Waialae CC.
3.30 **to 6.00** AM LIVE **DP World Tour Golf** Day two of the Team Cup, a three-day match play contest which sees Continental Europe face Great Britain & Ireland at Abu Dhabi Golf Resort.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **PL Retro** Bournemouth v Liverpool in the 2016/17 season.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Bournemouth v Liverpool from 2016/17.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **PL 100: David Seaman**
6.30 **Premier League 100 Club**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League Preview**
8.30 **Gary Neville's Soccerbox** The presenter talks to Ian Wright.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons** A profile of former forward Eric Cantona. **10.30** David Beckham.
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL Highlights**
2.30 **SPFL Highlights**
2.45 **EFL Highlights** Championship.
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.45 **SPFL Highlights**
5.00 **Bundesliga Weekly**
5.30 **EFL Highlights**
6.00 **EFL Cup Highlights**
7.00 **SPFL Highlights**
7.15 **Bundesliga** Archive highlights.
7.20 LIVE **Bundesliga Borussia Dortmund v Bayer Leverkusen.** The top-flight match at Signal Iduna Park. Kick-off **7.30pm**.
9.30 **EFL Cup Highlights**
10.30 **SPFL Highlights**
10.45 **EFL Greatest Games**
12.00 M'T **EFL** Action from 2006/07.
2.00 AM **Best Goals: EFL Cup 23/24**
2.30 **EFL Trophy** The 2023/24 final.
3.00 **EFL Greatest Games**
4.00 **EFL Cup** Chelsea v Liverpool.
5.00 **Old Firm Derby Best Goals**
5.30 **to 6.00** AM **Edinburgh Derby**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **SA20** Recent T20 action.
7.00 **Women's Big Bash League**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League Hobart Hurricanes v Sydney Thunder.** Coverage of the T20 match staged at Ninja Stadium.
11.30 **Big Bash League**
12.30 PM **Jimmy Anderson's Greatest Spells**
1.00 **SA20** Recent T20 highlights.
2.00 **Big Bash League**
3.00 LIVE **SA20 Durban's Super Giants v Pretoria Capitals.** Coverage of the T20 match from Kingsmead Cricket Ground.
7.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
7.45 **Blue for Bob** A Bob Willis tribute.
8.00 **Big Bash League**
10.00 **SA20** Recent T20 action.
11.00 **Big Bash League**
12.00 M'T **SA20** A match replay.
4.30 AM **Best of the Big Bash League** Archive highlights.
5.15 **Women's Big Bash League**
5.25 **Best of the Big Bash League**
5.40 **to 6.00** AM LIVE **Big Bash League Sydney Sixers v Perth Scorchers.** Coverage of the T20 match at Sydney Cricket Ground.

Sky Sports Golf

405 515 505 423 443

6.00 AM **Rising: Inside the Curtis Cup**
6.30 **Junior Golf** Recent action.
7.00 LIVE **DP World Tour Golf** Coverage of day one of the Team Cup, a three-day match play contest which sees Continental Europe face Great Britain & Ireland at Abu Dhabi Golf Resort.
1.00 PM **PGA Tour Golf** Sony Open.
3.00 **Junior Golf** Recent highlights.
3.30 **Rising: Inside the Curtis Cup**
4.00 **DP World Tour Golf** Action from the opening day of the Team Cup.
5.00 LIVE **PGA Tour Golf** Coverage of the featured groups on day two of the Sony Open in Hawaii at the Waialae CC in Honolulu, Hawaii.
12.00 M'T LIVE **PGA Tour Golf** Further coverage of day two of the Sony Open in Hawaii at the Waialae CC in Honolulu, Hawaii.
3.30 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of day two of the Team Cup, a three-day match play contest which sees Continental Europe face Great Britain & Ireland at Abu Dhabi Golf Resort, United Arab Emirates.

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
12.00 NOON **Tennis** Action from the Brisbane International finals.
3.00 PM **WTA Tennis** Auckland Open.
5.00 **ATP Tennis** Hong Kong Open.
6.00 **WTA & ATP Tennis** Action from the WTA and ATP Tours.
10.00 **ATP Tennis** Hong Kong Open.
11.00 **WTA Tennis** Hobart International.
12.00 M'T **Bitesize Tennis**
12.15 AM **US Open Classic Matches**
12.30 **Bitesize Tennis** BOSS Open.
12.45 **US Open Tennis** The 1981 final.
1.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 527 408 430

5.30 AM LIVE **Women's One-Day International Cricket India v Ireland.** Coverage of the first ODI at Niranjan Shah Stadium, Rajkot.
2.15 PM **TNT Sports Cricket Reload**
2.30 **UEFA Champions League**
4.30 **Serie A – Full Impact**
5.00 **Premier League: Big Interview**
5.30 **Premier League Preview**
6.00 **Isuzu UTE A-League**
7.00 **UEFA Champions League**
8.00 **Formula E Highlights**
10.00 LIVE **ABB FIA Formula E World Championship** The first practice session ahead of the second round of the season.
11.00 **Premier League Reload**
11.15 **Premier League Preview**
11.45 **UEFA Champions League**
12.00 M'T **NBA on Fire**
12.30 AM LIVE **NBA New York Knicks v Oklahoma City Thunder.** The inter-conference match from Madison Square Garden. Tip-off is at **12.30am**.
3.00 **Isuzu UTE A-League**
4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Wellington Phoenix v Adelaide United.** Coverage of the Australian top-flight match at Sky Stadium. Kick-off **4.00am**.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **T20 Super Smash Canterbury Kings v Auckland Aces.** Coverage of the match staged at Hagley Oval.
8.15 AM **TNT Sports Cricket Reload**
8.30 LIVE **Isuzu UTE A-League Melbourne Victory v Western United.** The Australian top-flight match staged at AAMI Park in Melbourne. Kick-off **8.35am**.
10.30 **Premier League Reload**
10.45 **What I Wore** Gianfranco Zola.
11.00 LIVE **A-League Women Perth Glory v Sydney FC.** Coverage of the match staged at Sam Kerr Football Centre in Perth. Kick-off is at **11.00am**.
1.00 PM **Serie A – Full Impact**
1.30 **Premier League Netbusters**
2.00 **Ultimate Pool** Recent action.
3.30 **MLB Classic** Archive highlights.
4.30 **Fishing: On the Bank**
5.30 **MotoGP Films** Marc Marquez.
7.00 **Ultimate Pool** Recent action.
8.30 **One Day International Cricket** New Zealand v Sri Lanka.
9.30 PM **to 6.30** AM LIVE **One Day International Cricket New Zealand v Sri Lanka.** Coverage of the third and final ODI in the series at Eden Park in Auckland.

TNT Sports 3

417 874 529 410 432

6.00 AM **The Football Archives: UEFA Champions League**
9.30 **Premier League: Big Interview**
10.00 **Test Cricket Highlights**
12.00 NOON **Serie A** Fiorentina v Napoli at Stadio Artemio Franchi. **1.00** PM AS Roma v Lazio.
2.00 **Women's Ashes** Highlights from three T20 games between Australia and England. **5.00** Highlights from three ODIs between Australia and England.
8.00 **Test Cricket Highlights** A look back at the fifth and final Test in the series between Australia and India.
10.00 **Women's One-Day International Cricket** India v Ireland: Action from the first ODI in the three-match series staged at Niranjan Shah Stadium, Rajkot.
11.00 **Brothers in Football** The story of a non-league side and their links to Brazilian giants Corinthians.
12.45 AM **What I Wore** Robbie Fowler.
1.00 **Test Cricket Highlights** A look back at the fifth and final Test in the series between Australia and India.
3.00 **MLB World Series Film 2015**
4.45 **MLB Classic** Highlights from the 1981 and 1983 All-Star games.
5.45 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Bitesize Highlights**
8.00 **NFL Highlights**
9.00 **NFL Gameday**
9.30 **Jaguars Weekly UK**
10.00 **NFL Highlights**
12.00 NOON **One Jets Drive**
12.45 PM **NFL Bitesize Highlights**
1.00 **Good Morning Football**
3.00 **NFL Gameday**
3.30 **Jaguars Weekly UK**
4.00 **NFL Highlights** Washington Commanders v Chicago Bears. **5.00** Action from Kansas City Chiefs v Tampa Bay Buccaneers.
6.00 **NBC's Pro-Football Talk**
7.00 **Chris Simms Unbuttoned**
8.00 **49 Hours** San Francisco 49ers.
8.15 **One Jets Drive**
9.00 **NFL Gameday** A review of all of the latest games.
9.30 **Jaguars Weekly UK**
10.00 **NFL Hard Knocks: AFC North**
11.00 **College GameDay**
12.30 AM LIVE **NCAA College Football** Coverage of the Cotton Bowl at AT&T Stadium in Arlington, Texas, which serves as the second College Football play-off semi-final. Kick-off **12.30am**.
4.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Big Bash League**
8.00 **Fight Night International**
10.00 **Tennis** Brisbane International.
12.00 NOON **SA20** T20 highlights.
1.00 PM **Big Bash League**
5.00 **WTA Tennis** Auckland Open.
6.00 **Fight Night International**
7.00 **Fight Night** A chance to see Natasha Jonas v Ivana Habazin.
8.00 **Big Bash League** Hobart Hurricanes v Sydney Thunder. **9.00** Highlights from Melbourne Stars v Sydney Sixers.
10.00 **DP World Tour Golf** Highlights from day one of the Team Cup at Abu Dhabi Golf Resort in UAE.
11.00 **Formula 1** The Chinese Grand Prix, the fifth round of the season at Shanghai International Circuit.
12.00 M'T **The Insiders** NFL news.
1.00 **to 6.00** AM LIVE **MMA: One Championship** Coverage of ONE Fight Night 27 staged at Lumpinee Stadium in Bangkok.

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB** World Series.
8.30 **Vendee Globe Highlights**
9.00 **The Rugby Review**
9.45 **Serie A – Full Impact**
10.15 **UEFA Champions League – Stories of the Finals**
10.30 **UEFA Champions League – Classics** Archive action.
12.00 NOON **TNT Sports Reload**
12.30 PM **NBA Action** Highlights.
1.00 **NBA** A match replay.
2.30 **NBA Originals** Bernard King.
3.00 **TNT Sports Reload**
3.30 **NBA** A match replay.
5.00 **NBA on Fire** The latest news.
5.30 **NBA Action** Highlights.
6.00 **NBA Originals**
7.00 **NBA** A chance to see Orlando Magic v Minnesota Timberwolves.
8.30 **TNT Sports Reload**
9.00 **Isuzu UTE A-League**
10.00 **UFC Main Event**
4.30 AM **TNT Sports Reload**
5.00 **to 6.00** AM **Down the Clubhouse**

Eurosport 1

413 870 521 412 435

6.00 AM **Biathlon** From Oberhof.
7.00 **Ski Jumping** From Germany.
8.00 **Masters Snooker**
10.00 **Dakar Rally** The fifth stage.
11.00 **Biathlon** In Oberhof, Germany.
12.00 NOON LIVE **Ski Mountaineering** Coverage from Shahdag in Azerbaijan.
1.05 PM LIVE **Biathlon** Coverage of day two from Oberhof, Germany.
2.40 **Ski Jumping** From Austria.
4.40 **Charlotte Bankes Sierra Nevada**
4.50 LIVE **Freestyle Skiing** Coverage of the men's and women's big air competitions from Kreischberg in Austria.
6.40 **Biathlon** In Oberhof, Germany.
7.40 **Winter Sport – Andrew Musgrave – Trondheim 2023**
8.00 **Dakar Rally** The latest news.
9.00 **Australian Open Tennis**
12.00 M'T **Biathlon** From Germany.
1.00 AM **Freestyle Skiing**
2.00 **Australian Open Tennis**
5.00 **to 6.00** AM **Dakar Rally**

Eurosport 2

414 871 522 413 436

6.00 AM **Masters Snooker**
8.00 **Dakar Rally** The fifth stage.
9.00 **Biathlon** In Oberhof, Germany.
10.00 **Alpine Skiing** Action from Italy.
11.00 **Snooker: Masters Final 2018**
1.00 PM **Dakar Rally** Stage five.
2.00 **Cyclo-Cross** From Belgium.
3.00 **Australian Open Tennis** Action from the 2023 men's singles final. **4.30** Highlights from Elena Rybakina v Aryna Sabarenka in the 2023 women's singles final.
6.00 **Masters Snooker** Judd Trump v Mark Williams in the 2023 final.
8.00 **Alpine Skiing** In Kranjska Gora.
9.00 **Freestyle Skiing** In Kreischberg.
10.00 **Biathlon** Action from the men's 10km sprint in Oberhof, Germany.
11.00 **Dakar Rally** The latest news.
12.00 M'T **Cyclo-Cross** From Belgium.
1.00 AM **Australian Open Tennis**
2.00 **Dakar Rally** The latest news.
3.00 **Biathlon** In Oberhof, Germany.
4.00 **Freestyle Skiing**
5.00 **to 6.00** AM **Cyclo-Cross**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM LIVE **WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours.
7.30 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Transfer Centre**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show**
7.20 LIVE **Bundesliga Borussia Dortmund v Bayer Leverkusen.** Coverage of the German top-flight match at Signal Iduna Park. Leverkusen won the title unbeaten last season, but they were held to 1-1 draws by Dortmund in both games between the sides. Kick-off is at **7.30pm**.
9.30 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
2.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of Formula One**
12.30 PM **Formula 1** From China.
2.40 **Ted's Notebook**
3.10 **F1 Explained – Tyres**
3.15 **72 Hours with Jack Doohan**
3.30 **Formula 1** Another chance to see the Chinese Grand Prix, the fifth round of the season from Shanghai International Circuit.
7.45 **Ted's Notebook**
8.15 **Oscar's First Win**
8.25 **F1 Explained – Marshalls**
8.30 **Formula 1** Chinese Grand Prix.
10.55 **Hamilton on Silverstone & Ferrari** With Lewis Hamilton.
11.00 PM **to 6.00** AM **Formula 1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

BBC iPLAYER Wallace and Gromit: Vengeance Most Fowl

Available now, BBC iPlayer

If you missed the latest adventure featuring the inventor and his faithful hound over Christmas - let's face it, there may have been a few distractions! - it's available to stream on BBC iPlayer. Cracking stuff!

Wallace has invented a smart gnome that he calls Norbot, to help with jobs around the house. But the gnome seems to develop an evil mind of its own, kicking off a crime wave around the neighbourhood - who could possibly be responsible?

Disney+ Percy Jackson and the Olympians

Available now, Disney+

With the second season of the fantasy drama currently in production, and due to hit our screens later this year, there's time for a rewatch of the excellent first series. It stars Walker Scobell as 12-year-old Percy, who learns that he is a demigod - half god, half human. Accused by the god Zeus of stealing his lightning bolt. Percy sets out to retrieve the bolt and clear his name.

More great shows to watch this week...

Tom and Jerry: Willy Wonka and the Chocolate Factory

Saturday, 5pm, Boomerang

A retelling of Roald Dahl's magical tale, featuring the cat-and-mouse duo as bystanders in the adventure.

Max & the Midknights

Available now, Paramount+

From the imagination of Lincoln Peirce, the creator of *Big Nate*, this animated series follows the adventures of Max, a 10-year-old girl from medieval times, who sets out on a quest to become a knight.

Marcel the Shell with Shoes On

Available now, Netflix

This charming tale of a mollusc shell that goes by the name of Marcel and wants to find his family will tug on your heartstrings.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an American actor (7,6). Answers at the bottom of the page – no cheating!

ACROSS

1 Marcus -------, actor and *Big Brother* narrator (7)
3 ----- Isaac, Duke Leto Atreides in 2021 sci-fi epic *Dune* (5)
8 Dawn French's role in sitcom *The Vicar of Dibley*, --------- Granger (9)
9 *Like a* ------, hit 1989 song from Madonna's fourth album (6)
12 Chris -------, played Ollie in comedy *The Thick of It* (7)
14 Director of 2012 movie *Life of Pi* starring Irrfan Khan (3,3)
15 1965 hit song by US singer Stevie Wonder, ------- *(Everything's Alright)* (7)
19 Donna ---, English actor and presenter (3)
20 Manager of The Beatles, Brian ------- (7)
21 Sheena ------, singer of the 1981 James Bond theme song *For Your Eyes Only* (6)
22 Milli -------, R&B duo (7)
25 MC ------, rapper know for 1990 song *U Can't Touch This* (6)
28 Team captain on comedy quiz show *Have I Got News for You* (3,6)
29 ----- Moran, Irish actor and comedian known for *Black Books* (5)
30 See picture clue: *Friends* star, Jennifer ------- (7)

DOWN

1 Kiefer Sutherland's role in action series *24*, Jack ----- (5)
2 The ----, U2 guitarist (4)
4 So ----- Crew, British hip-hop collective (5)
5 2000s espionage series starring Jennifer Garner (5)
6 1995 Sir Peter Jackson movie starring Kate Winslet and Melanie Lynskey, *Heavenly* --------- (9)
7 Star of many of the *Carry On* films, ------- Williams (7)
10 Played Joyce in ITV drama *Home Fires*, Francesca ----- (5)
11 ----- Kendrick, Meera in *Game of Thrones* (5)
13 Hit 2004 comedy film with Lindsay Lohan and Rachel McAdams (4,5)
16 ----- Thompson, actor in 2016's *Creed* and TV show *Westworld* (5)
17 Simon -----, presenter of *Blue Peter* from 1978 to 1986 (5)
18 See picture clue: British actor and comic, Ricky ------- (7)
23 ----- *McPhee*, 2005 film starring Dame Emma Thompson (5)
24 ----- Williams, one of the original *Blue Peter* presenters (5)
26 Zac -----, star of 2006's *High School Musical* (5)
27 ---- *Season*, 2006 Ashton Kutcher animated film (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, DISNEY+, NETFLIX.

CROSSWORD SOLUTION

ANSWER: Bradley Cooper **ACROSS:** 1 Bentley 3 Oscar 8 Geraldine 9 Prayer 12 Addison 14 Ang Lee 15 Uptight 19 Air 20 Epstein 21 Easton 22 Vanilli 25 Hammer 28 Ian Hislop 29 Dylan 30 Aniston
DOWN: 1 Bauer 2 Edge 4 Solid 5 Alias 6 Creatures 7 Kenneth 10 Annis 11 Ellie 13 Mean Girls 16 Tessa 17 Groom 18 Gervais 23 Nanny 24 Leila 26 Efron 27 Open

Coming soon

Staz Nair as Harry Virdee

Harry (right) with Riaz (Vikash Bhai)

DS Amin and DS Conway

Virdee

FIRST LOOK

Staz Nair stars in a gritty Bradford-set crime thriller

BBC1's upcoming crime drama *Virdee* explores the personal and professional challenges faced by a British-Asian detective.

The six-part Bradford-set thriller is adapted by AA Dhand from his own novels and sees Staz Nair play determined cop Harry Virdee, who has become distanced from his Sikh family after marrying Muslim woman Saima (Aysha Kala). But he is keen to build bridges with his relatives for the sake of his young son Aaron.

However, Harry's life spirals out of control when he finds himself dealing with a manipulative killer who has the Asian community in their sights. Amid gangland rivalries, Harry must try to bring peace to the city, but he is forced to liaise with his drug-baron brother-in-law Riaz (Vikash Bhai), which could bring further danger and turmoil.

COMPLEX STORY

Kulvinder Ghir and Sudha Bhuchar play Harry's parents, Ranjit and Jyoti, Manjinder Virk is his sister, Mandip, Nina Singh is Tara, his crime-reporter niece, Elizabeth Berrington is his boss, DS Clare Conway, and Danyal Ismail is his new partner, DS Amin.

'It's an honour to be taking on this vibrant and complex story about assimilating culture and what we're willing to do to protect who and what we love,' says Nair. 'This show leads with vulnerability more than any detective drama I've ever seen, and it's a privilege to be bringing AA Dhand's hope for his city to life.'

WHAT'S NEXT FOR...

Paapa Essiedu

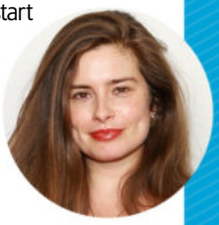
BBC1 drama **Babies**, penned by *Mum*'s Stefan Golaszewski, sees the actor team up with Siobhán Cullen to play a couple coping with the heartache of pregnancy loss. Jack Bannon and Charlotte Riley co-star.

Richard Gadd

The actor will star in BBC1 drama **Half Man**, which examines the troubled bond between two men from the 80s to the present day, taking in their teenage years, a devastating row and a shocking reunion.

Rachel Shenton

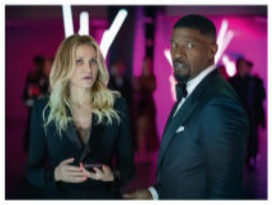
In Channel 5's thriller **The Rumour**, the actor portrays a mum who moves to a small town to start a new life, but she spots online gossip about a child killer living nearby. Joanne Whalley and Emily Atack co-star.



Coming Back

Sky Atlantic's **The Day of the Jackal**, inspired by Frederick Forsyth's novel, will return for a second series, which follows the fortunes of the eponymous assassin for hire, played by Eddie Redmayne (right).

Next week On sale Tuesday 7 January



Back in Action

Cameron Diaz and Jamie Foxx are ex-spies returning to the world of espionage in Netflix's action film.

Dancing on Ice

As ITV1's skating contest returns, Sir Steve Redgrave and Michaela Strachan are among the stars.

Severance

Will more of Lumon's secrets emerge in the second run of Apple TV+'s psychological thriller?

The Crow Girl

Paramount+'s thriller, starring Eve Myles and Dougray Scott, centres on the hunt for a serial killer.

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Ryobi's versatile 18V Cordless Stick Vac eliminates 99.5% of bacteria, viruses, pollen and fungal spores from your carpets, hard floors and upholstery!

3-in-1 High-Powered Cleaning Kit With Complete Cordless Convenience

RYOBI

HIGHLY VERSATILE! Short reach and long reach options make cleaning stairs, under chairs and even inside your car so easy!

The new 18V Cordless Stick Vac from Ryobi is perfect for vacuuming up dust and dirt from carpets and hard floors with complete cordless convenience.
It features a self-standing design for your added safety, convenience and ease of storage. And with 30 air watts of suction and air flow of 820 litres per minute, you'll enjoy its powerful and efficient one pass cleaning. You're in complete control with 'max mode' for powerful performance or choose 'eco mode' for maximum runtime and quieter operation, too. The motorised 24cm brush bar helps to agitate dirt and dust out of carpets.

There's just nowhere for dirt and dust to hide

Dual-cyclonic HEPA 12 filtration captures up to 99.5% of all particles, including pollen, fungal spores, bacteria, and viruses to ensure a deep, thorough whole home clean.
And, as with all Ryobi tools, the 18V Stick Vac is part of the ONE+™ system for the home and garden, and can be powered by any ONE+™ battery!
This Ryobi Stick Vac delivers powerful suction and an easy-to-use design that makes easy work of cleaning hard floors, carpets and even your upholstery.

Trustpilot ★★★★★ 4.6/5

Light and easy to move around your home

Utilising the full power of Ryobi's ONE+™ systems' interchangeable batteries, this Stick Vac delivers cordless cleaning without the inconvenience of a typical clunky, heavy, hard-to-manoeuvre vacuum.

The RSVS18 features new dual-cyclonic separation technology which delivers faster and longer-lasting airflow. And its sizeable, fully detachable 600ml dust bin makes emptying simple and hygienic.
Weighing-in at just 3.1kg (3.8kg with battery), the Ryobi RSVS18 Stick Vac is lightweight and easy to move around your home. And the 4.0Ah battery (included) will let you vacuum for up to 40 minutes on a single charge.

Whisper quiet in Eco Mode

The pivoting agile floor head is especially useful when navigating all those tricky, hard-to-reach places.
You'll no longer have to deal with the noisy, disruptive sound of a regular vacuum. With independent brush bar controls and boost mode, you'll enjoy superior control over your Stick Vac, so you can switch from hard floors to thick carpets with ease.
Order today for just £199.99 and receive a FREE Accessory Pack worth over £45 (while stock lasts).

And it's so easy to clean, too...

Ryobi's 18V Cordless Stick Vac has been designed with easy cleaning in mind. Clean and empty key components like the agitator roller and dust bin quickly and easily without fuss

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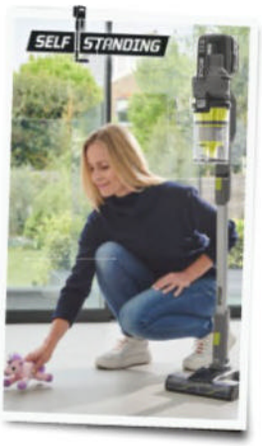

18V ONE+ CORDLESS BATTERY SYSTEM

One battery fits all

Ryobi's 18V ONE+ Battery System is designed for cordless convenience. All Ryobi's cordless tool kits come complete with a battery and charger to start your ONE+ system. Then, expand your system for less by buying new tools and only adding batteries or chargers if you need them.

200+ TOOLS for the home and garden powered by one battery

28 YEARS of ONE+ battery system innovation

SAVE MONEY Expand your collection with tools without batteries

Your 18V Stick Vac Starter Kit includes:

- Cordless Stick Vac (RSVS18-1C40GLA)
- 18V ONE+ 4.0Ah Battery
- 18V ONE+ 2.0A Charger
- Crevice and Dusting Brush Extensions
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- FREE Mini Brush Head
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